

Chronic Obstructive Pulmonary Disease (COPD)

What is chronic obstructive pulmonary disease?

Chronic obstructive pulmonary disease (COPD) is a lung disease that makes it hard to breathe. It is usually a result of lung damage caused by years of irritation and inflammation in lungs. This limits air flow in lungs.

Risk factors

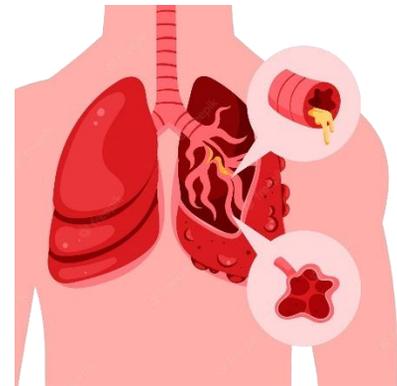
- ✓ Smoking
- ✓ Air pollution
- ✓ Occupational dusts and chemicals
- ✓ Asthma/bronchial hyperreactivity
- ✓ Genetics
- ✓ Lung growth and development
- ✓ Chronic bronchitis

Signs and symptoms

- ✓ Shortness of breath
- ✓ A dry cough
- ✓ Coughing fits that bring up mucus from your lungs
- ✓ Wheezing and chest tightness

Diagnosis

- Lung function tests measure the airflow in your lungs and show how well you can breathe.
- Blood tests check for infection and measure oxygen levels in your blood.
- A chest x-ray is done to check for other lung problems.
- A CT scan or CAT scan



Treatment

- Short-acting beta-2-agonists (Albuterol Sulfate, Levalbuterol Hydrochloride, Terbutaline Sulfate)
- Long-acting beta-2-agonists (Formoterol Fumarate, Salmeterol Xinafoate, Arformoterol Tartrate)
- Short-acting anticholinergic (Ipratropium Bromide, Oxitropium Bromide)
- Long-acting anticholinergic (Tiotropium Bromide)
- Combination short-acting beta-2-agonist plus anticholinergic (Ipratropium Bromide/ Albuterol Sulfate)
- Combination long-acting beta-2-agonist plus corticosteroid (Fluticasone Propionate/ Salmeterol Xinafoate, Budesonide/ Formoterol)

Patient Counseling :

- ❖ Do not smoke and avoid others who smoke.
- ❖ Be aware of and avoid things that make symptoms worse.
- ❖ Cold weather and sudden temperature changes can trigger an exacerbation. Fumes from cars and chemicals, air pollution, and perfume can also increase symptoms.
- ❖ Exercise daily. Exercising for at least 20 minutes per day can help increase energy and decrease shortness of breath.

Reference: Micromedex's Care Notes System Online 2.0