

# Care instructions for patients with COPD

Patient name: \_\_\_\_\_ Healthcare provider: \_\_\_\_\_



## Stop smoking; it's the most important way to help deal with your COPD.

- It can take many attempts to quit before you're successful. **Keep trying.**
- **Get support.** Call 1-800-QUIT-NOW or text QUIT to 47848.
- **Try nicotine replacement or medications.**
  - Nicotine products ease cravings and make quitting easier. Use a nicotine patch with nicotine gum, lozenges, an inhaler, or spray. Most of these are available without a prescription.
  - Prescription drugs increase the chances of quitting. They include varenicline (Chantix) or bupropion (Wellbutrin, Zyban). Start at least a week before your quit date.



## Get your vaccinations.

- **Influenza (every year):** protects against the annual flu virus.
- **Pneumococcal vaccine:** protects against pneumonia caused by bacteria. Talk to your doctor about the options (Pneumovax, Prevnar).



## Check your inhaler technique.

Make sure you are using your inhaler correctly. Many people don't, and they miss the full benefit of their prescription. For instructional videos, go to [bit.ly/inhaler\\_videos](https://bit.ly/inhaler_videos).



## Stay active. Get exercise.

Try to get at least \_\_\_\_\_ minutes of exercise each day. Options for activity include:

- Walking
- Biking
- Lifting weights
- Swimming

Contact your local Area Agency on Aging or YMCA for group options.



## Eat a balanced diet.

Include a variety of foods in your diet to get the nutrients and energy you need to stay healthy or fight infection.



## Sign up for pulmonary rehabilitation.

An exercise program for people with respiratory problems can reduce hospitalizations and improve well-being. This may be an option if recommended by your healthcare provider.

Contact your local program: \_\_\_\_\_



Balanced information for better care

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These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Links to references can be found at [AlosaHealth.org](https://AlosaHealth.org).

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