

PHARMACY QI

Practical Tips for Quality Improvement

August 2016

CASE: COPD WITH DECREASED PHYSICAL FUNCTION

Mr. Lawrence is an 88-year-old man who is a resident of your facility. He has been a smoker for as long as he can remember. Although he can walk short distances, he prefers to use a wheelchair. How can you help maintain or improve Mr. Lawrence's physical functioning?

Medical Conditions

- COPD
- Coronary Artery Disease (CAD)
- History of Myocardial Infarction (MI)
- Osteoarthritis

Medications

- Duaklir Genuair inhaler
- Salbutamol inhaler as needed
- ASA
- Diltiazem
- Atenolol
- Ramipril
- Acetaminophen as needed
- Lorazepam as needed

Medications:



- **Duaklir Genuair inhaler:** Use regularly with proper inhaler technique; listen for the "click" and see the change in window colour from green to red to confirm correct inhalation
- **Salbutamol inhaler:** Use as needed for acute symptoms of COPD
- **Diltiazem, atenolol, ramipril:** Monitor for orthostatic hypotension and assist resident with standing when possible
- **Lorazepam:** Reassess need for this medication as it may worsen COPD and increase risk of falls



Medical Conditions:



- **COPD:** Prevent serious illness by:
 - Providing pneumococcal and annual influenza vaccination
 - Discouraging smoking and/or exposure to secondhand smoke
- **History of MI/CAD:**
 - Encourage physical activity
 - Monitor for symptoms of heart failure: shortness of breath and swelling of extremities
- **Anxiety:** Often related to COPD symptoms; respond to symptoms promptly
- **Osteoarthritis:** Treat pain that can prevent physical activity

Functional Status:



- **Energy conservation techniques:** Encourage pursed-lip breathing, optimal body posture
- **Mobility:** Ensure proper footwear
- **Orthostatic hypotension:** Advise to get up slowly from sitting or lying down. Provide assistance as needed.
- **Pain:** Assess regularly—uncontrolled pain may affect sleep and desire to ambulate