

The expected hospital stay for patients with Chronic Obstructive Pulmonary Disease (COPD) is 6 days. You may be ready for discharge sooner depending on your condition.

If you have questions during your journey, ask!

DAY 1

- When you arrive on the unit, you will meet members of your care team. They are available to answer questions or address any concerns throughout your stay.
- Be prepared to discuss your medical history with members of your care team and provide a list of your current medications.
- You may need to use an oxygen mask or nasal prongs to help you breathe easier.
- Your care team will ask you to rate your shortness of breath on a scale from 1-10 several times each day to see if there are any changes. They will also want to know if you are coughing or producing phlegm.
- A member of your care team will work with you to determine your safest level of activity. This will depend on how well you are able to breathe while at rest and when moving. Try to move around as much as possible.

DAY 1 CONTINUED

- A member of your care team will provide medication to help you breathe easier. This may be an inhaler (puffer) or a mist.
- Stop Smoking. Smoking makes your symptoms worse. If you are a smoker, you will be encouraged to quit smoking and will be offered help.
- Start thinking about next steps. Throughout your stay, members of your care team will work with you to help you learn how to manage your health at home after you are discharged.

DAYS 2 & 3

- Physical activity is an important part of your recovery and you are encouraged to participate in as much activity as possible. This might include having meals in a chair or walking around your room. Work with your care team to determine your safest activity level.
- Make sure you understand the medications you are taking and how to use them on your own.
- Talk to members of your care team about how to recognize the signs and symptoms of a COPD flare-up and what actions to take if things are getting worse.
- Personal breathing exercises are often included in treatment to help you work through any flare ups.
- Shortness of breath can lead to anxiety and depression. If you experience this, talk to your care team.
- If possible, identify a family member or caregiver who can support you throughout your care journey and help you with next steps after you are discharged from the hospital.

DAYS 4 & 5

- Work with your care team to build your physical strength and safely increase your activity level. This might include increasing the walking distance in your room or around the unit, independently or with assistance.
- During your stay we will work to reduce your need for oxygen therapy. You may be discharged with home oxygen.
- Read the education booklet about COPD. This includes information to help you learn how to manage your health.
- Work with a member of your team on a discharge plan. This should include medications, services available in the community and any equipment required to help with your daily activities at home.

DAY 6 – DISCHARGE

- Review your discharge plan with a member of your care team. Make sure you understand next steps and discuss any concerns or questions.
- Before you leave, make sure you know how to manage your symptoms, recognize when things are getting worse and understand what to do if this happens.
- You may go home with additional supports such as home oxygen, home care or other community supports to help you manage your health and remain independent.
- Book an appointment to see your family doctor soon after you are discharged.
- If you require help to quit smoking, contact the Windsor Essex County Health Unit (519-258-2146).

