

# SPECIAL eBULLETIN

FOR PROFESSIONAL AND FACILITY PROVIDERS

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## TREATING MEMBERS WITH COPD

Since Chronic Obstructive Pulmonary Disease (COPD) symptoms start gradually and progress over years, many members with COPD don't ask for medical care until it is at a late stage. Don't miss key opportunities to diagnose members with COPD when you find clinical or test findings consistent with early COPD. Once diagnosed, you can help prevent the member from getting worse and keep them from hospital readmissions by educating both the member and their caregivers.

To help achieve this goal, Highmark has created a **COPD Symptom Guide/Action Plan** that you can review on the **Provider Resource Center** under **Education/Manuals > Educational Resources - Member and Provider**. You can also order the guide using the embedded online link at the top of the page to share with your members and their caregivers.

## EDUCATING MEMBERS AND THEIR CAREGIVERS

When educating members and their caregivers on COPD, it is important to cover the following topics:

- Understanding COPD and Cause of Exacerbation
- Breathing and Cough Techniques
- Understanding Medications, Inhalers, and Nebulizers
- Equipment Issues (cleaning /maintenance)
- Smoking Cessation/2<sup>nd</sup> Hand Smoke
- Healthy Weight and Diet
- Lifestyle Changes to Avoid Reflux
- Activity: Pulmonary Rehabilitation/Occupational Therapy/Physical Therapy
- Social/ Caregiver Support
- Importance of Vaccinations



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