

## COPD/ED Post Discharge Follow-up

### Practice Review

**NB** This is a 15 min appointment with the CCN-LTC or GP team, at 2-3 days post discharge from ED. This review could be face-to-face or remote, depending on patient preference.

1	How are you doing/managing, what are your symptoms like?	<b>Tick box</b>
2	Do you understand the ED action plan?	
3	Do you have enough home/social supports? If the answer is no, call support links and ask for the CPOTS same day service. District Nursing monitoring is another option	
4	Observations – Bp, Hr, Sa O2, Temperature, RR	
5	Medication review	
6	Book end of episode review and enrol on Long Term Condition programme	

### Comprehensive Respiratory Assessment (30-40 minutes)

1	Ask about symptoms, including Quality of Life – what matters to the patient. Everyday activity/exercise tolerance. How far can you walk before you are breathless? Has this changed recently?	<b>Tick box</b>
2	Check Observations (all of the above and weight, PEFr if appropriate)	
3	Diagnosis. Check for patient understanding and also code in PMS	
4	Comorbidities / other conditions	
5	Outpatient appointments / Hospital admissions	
6	Medications including opportunities for optimisation – may require review with a prescriber or Clinical Pharmacist	
7	Inhaler Rx and technique, including the use of a spacer	
8	Flu vax and Pneumovax. (Note, eligible clients can seek reimbursement from WINZ for the cost of the pneumovax)	
9	Smoking (refer to smoking cessation service if appropriate)	
10	Social supports	
11	Refer to Pulmonary rehabilitation and exercise programmes, if appropriate	

12	<p><b>Prepare an Action Plan</b></p> <p>Use the pre-existing COPD action plan, 'Keeping Well with COPD'.          (Provide a copy to the patient and scan a copy to keep as a record) Code that you have completed the action plan (screening: Medtech – Measurement: Indici)</p>	
13	<p>Spirometry. Consider referral for spirometry if required for diagnosis or monitoring.          Refer for spirometry assessment if you do not have this capability at your practice (complete the following <a href="#">form</a> and email to <a href="mailto:respiratory.laboratory@midcentraldhb.govt.nz">respiratory.laboratory@midcentraldhb.govt.nz</a> )</p> <p>Code results of spirometry assessment.</p>	
14	<p>Enrol patient in a LTC programme.  <b>Offer enrolment in self-management programme</b></p>	