











November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Learn more about:	2	3	4	5
THE LACE UP FOR LUNGS CAMPAIGN				
8	9	BHH Tableau Support Group	11	World Pneumonia Day
National	Diabetes	2021 BHH Credentialing Begins	on Week	BHH Workgroup: Provider-Led Breakout Sessions
22	23	24	25 HAPPY HANKSGIVING	26
29	30			











Chronic Obstructive Pulmonary Disease Overview

According to the 2019 Tableau® BHH Pop Health file:

15.4% of BHH enrollees have a COPD diagnosis. Of those with a COPD diagnosis:

- 73.6% have diabetes
- 69.4% have hypertension (high blood pressure)
- 62.1% smoke cigarettes
- 55.1% have hyperlipidemia (high cholesterol)

The Center for Disease Control and Prevention defines chronic obstructive pulmonary disease, or COPD, as "a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis."

Emphysema—Slow damage of tiny air sacs in the lungs. The tiny sacs eventually break, causing one big sac. The side effects of this include: damaged tissues, difficulty with oxygen moving through the bloodstream, and difficult breathing. **Emphysema** is strongly linked to smoking.

Chronic Bronchitis—Airways in lungs become inflamed overtime instead of as a result of a cold or infection. The inflammation causes mucous to build up and trouble breathing. Factors that may cause chronic bronchitis include smoking, air pollution, toxic gases, and a family history of bronchitis.

For more information, watch "<u>The Basics of Chronic</u>

<u>Obstructive Pulmonary Disease (COPD)</u>"

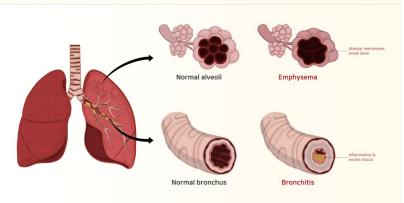
https://www.cdc.gov/copd/index.html

https://www.lung.org/lung-health-diseases/lung-disease-lookup/chronic-bronchitis

https://www.lung.org/lung-health-diseases/lung-disease-lookup/emphysema

Chronic Obstructive Pulmonary Disease

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Resources for Clients









- ⇒ Patient Education: Chronic Obstructive Pulmonary Disease 2-page information sheet defining COPD, Bronchitis, and Emphysema.
- ⇒ COPD: Learn More. Breathe Better Contains information around what you can do to breathe better and improve quality of life after a COPD diagnosis.
- ⇒ My COPD Action Plan Document to be completed with patient and provider to develop actionable next steps around managing COPD.
- ⇒ Finding COPD Support Resources to help those with COPD find support and connect with others
- ⇒ ABCs of Using a Nebulizer Clear, easy-to-understand instructions on how to use and clean a nebulizer.
- ⇒ <u>Staying Active with Lung Disease</u> Resource to help develop an exercise routine to help you stay active.
- ⇒ Warning Signs of Lung Disease 1-page flyer summarizing the early signs and symptoms of lung disease.
- ⇒ <u>Living with Lung Disease & the Benefits of Quitting Smoking</u> Document that outlines the importance of quitting smoking if you have a lung disease diagnosis.











Resources for Staff









- ⇒ Ask, Advise, Refer to Quit Don't Switch— Tobacco brief intervention training for healthcare professionals. Training is FREE.
- ⇒ <u>Chronic Obstructive Pulmonary Disease: Screening</u>— Webpage with information on how to identify populations that should be screened for COPD and the screening resources available.
- ⇒ The Complexity of Mental Health Care for People with COPD: A Qualitative Study of Clinicians' Perspective New research around the relationship between mental health and COPD.
- ⇒ COPD Assessment Test— Questionnaire for those with COPD to measure how the disease impacts their life. The results should be used to develop a COPD management plan.
- ⇒ Medications for COPD— List of common medications prescribed to help manage the symptoms of COPD.
- ⇒ <u>Chronic Pulmonary Disease Public Health Strategy Framework for Prevention and Health Promotion</u> CDC report on strategies that communities can implement to prevent an increase in COPD diagnoses.









