Delineating Rehabilitation Barriers for Patients with COPD

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Chronic Obstructive Pulmonary Disease (COPD) is a long-term disease that affects the lungs and makes it difficult for people to breathe. It is currently the third leading cause of disease-related deaths in the U.S. COPD can be prevented and treated with proper care. A patient diagnosed with COPD may be directed to pulmonary rehabilitation depending on the severity of the disease. Pulmonary rehabilitation is a structured program that offers exercises, breathing treatments, and specific health information. Some doctors may recommend this to their patients, but not every patient who has COPD will undergo a pulmonary rehabilitation program. In fact, not many patients know about pulmonary rehab or participate in it for that matter. Patients who attend a pulmonary rehab program typically only have a certain number of visits that are covered by the insurance companies and then the rest must be covered out of pocket. Pulmonary rehabilitation is underutilized, and we see this nationally. The main goal of this project was to identify barriers of pulmonary rehabilitation and to delineate them to create better quality care for COPD patients as well as spreading information regarding pulmonary rehab to more and more people.

Typically, the primary cause of COPD is being exposed to tobacco by either actively smoking or exposure to second hand smoke. Some of the other causes relate to air pollution as well as large exposure to dust and toxic fumes. COPD seems to affect men and women almost equally in older adults. It is extremely rare for young aged people to have symptoms of COPD, which is why most cases are seen in our older aged patients.

**Background**

**Results**

- 14 total surveys completed; 11 patients surveyed
  - 9 Pre
  - 5 post

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**Conclusion**

- Healthcare Effectiveness:
  - Post Portal Information:

**Recommendations/Future Possibilities**

1. Spread awareness as much as possible:
   1. Hang signs/flyers in doctors offices
   2. Continue to push information through the MyLVHN Portal
   3. Virtual exercise videos through portal for guided care
2. Form individual at home rehab programs based on each patients needs
3. Work with doctors/staff members on medical attention aspects

**References**

- EPIC used as electronic medical record
- Completed Surveys