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Chronic Obstructive Pulmonary Disease

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Chronic Obstructive Pulmonary Disease

Health Promotion

Health promotion for adults' patients suffering from Chronic Obstructive Pulmonary Disease has been appraised in healthcare sector. Research has expounded that most health practitioners take part in diagnosing Chronic Obstructive Pulmonary Disease amongst the adult patients which is a great way help to promote the health of the individual patients. On the other hand, there is common and widespread use of professional tools for measuring the level of nicotine addiction in adult patients suffering from Chronic Obstructive Pulmonary Disease. The measurement tools also indicate the level of patient's motivation to fight the addiction hence helping the practitioners to come up with effective strategies to fuel the same (Hooas et al., 2016). Again, offering education to patients suffering from Chronic Obstructive Pulmonary Disease and performing monitoring to the recommendations given to assess the effectiveness also comes in. Besides, health practitioners have also appraised participation in interdisciplinary pulmonary rehabilitation programmes all aiming at promoting the health of patients with Chronic Obstructive Pulmonary Disease (COPD).

Health Maintenance

Health maintenance of adult patients with COPD is very essential. Various health maintenance controls include self-treatment plan for exacerbations, patient education session and a monthly follow up. The moment a patient follows to the letter and admits to the health maintenance controls and measures, it has been noted that their health improves (Güell et al., 2017). Also, the mortality rates coming from the Chronic Obstructive Pulmonary Disease reduces and hospitals receive low emergency departmental visits. On the other hand, the health

maintenance measures are cost-effective as long as the patient with COPD actively participates in therapy as recommended.

Health Restoration

Health restoration for adult patients with ³Chronic Obstructive Pulmonary Disease has also been a concern. This has come from the number of cases arising from adult patients been diagnosed with the diseases who mostly fall within the age of 35-65. For that reason, health practitioners have recommended various health restoration practices for such patients. One of the health restoration practices is use of bronchodilators (Güell et al., 2017). These are used to help relax the muscles of the adult patients of the airways and in turn widen them to enable them to breath easier. Also, sometimes the patients are given supplemental oxygen in cases where the oxygen level is too low. In rare cases, surgery is done but change in lifestyle is what prevails as a way to alleviate the symptoms.

Health Teaching

Health teaching on adult patients with COPD has been a common practice for the past few years. Teaching has helped to reduce cases of ⁴Chronic Obstructive Pulmonary Disease among adults and also help them live longer as long as they follow the precautions and guidelines given. The main form of teaching that has been taking place for adult patients within the age of 35-65 is through pulmonary rehabilitation programs which often help to improve the quality of life emphasizing several issues (Kale et al., 2015). Some of the issues that health teaching covers include preventing and treating infections, nutrition, regular monitoring and proper inhaler techniques. Although most of the adult patients suffering from Chronic

Obstructive Pulmonary Disease get along well with health teaching that has been in place, there remains a wide gap for advance care planning to such patients.

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