Treatment Plan

Jenny

[Institutional Affiliation(s)]

Author Note

 Treatment Plan

 COPD is a chronic disorder in which patients suffer shortness of breath and persistent cough. There is no specific treatment available for COPD, however, with medication and lifestyle changes, symptoms progress slowly. The treatment plan would help patients to feel better and stay active, and also complications would be prevented. The condition of COPD requires changes in lifestyle such as appropriate diet and exercise along with proper medication (López‐Campos et al., 2016). It has been recommended that the patient should avoid smoking and regular habit of exercise would be suggested. This treatment plan is suggested based on primary diagnosis such as when shortness of breath is recorded at the time of examination. Evidence-based research and practice have suggested that COPD patients should follow a complete treatment plan including diet, exercises, and medication (Scuri et al., 2017).

# Recommended Treatment Plan

1. Regular exercise that would help the patient strengthen the muscles and make it easy for the patient to breathe. Inhaling fresh air is recommended for COPD patients.
2. Intake of appropriate diet such as small meals and nutritional supplements. COPD patients often have difficulty in having large meals.
3. Medication involved in the treatment plan would be Metoprolol Succinate ER (Tropol-XL) 50 mg daily for hypertension and multivitamin and BID q tablet for 10 days.
4. Oxygen therapy is also recommended as the patient could be suffering from the shortness of breath.
5. Education of patient to maintain hygiene and a good clean environment is also suggested to improve the condition.
6. Referral every week is recommended.

# Additional Tests

Further tests recommended for the complications would involve X-rays to scan the chest. Analysis of culture of organism would help to confirm the infection and is considered as the gold standard for diagnosis (Tee, 2017). Throat swab and chest analysis would also be recommended as it would help to observe the infiltrates or consolidations. PCR would also be suggested to detect the antigen in the urine.

# References

López‐Campos, J. L., Tan, W., & Soriano, J. B. (2016). Global burden of COPD. *Respirology*, *21*(1), 14–23. Retrieved from: [https://sci-hub.se/https://onlinelibrary.wiley.com/doi/abs/10.1111/resp.12660](https://sci-hub.se/https%3A/onlinelibrary.wiley.com/doi/abs/10.1111/resp.12660)

Scuri, M., Singh, D., Papi, A., Corradi, M., Montagna, I., Francisco, C., ... & Vestbo, J. (2017). Extrafine Single Inhaler Triple Therapy Reduces Use Of Rescue Medication In COPD Patients: Results From The Trinity Study. In *C79. ADVANCING UNDERSTANDING OF OBSTRUCTIVE LUNG DISEASE: MEDICATIONS AND MECHANISMS OF DELIVERY* (pp. A6449-A6449). American Thoracic Society. Retrieved from: [https://sci-hub.se/https://www.atsjournals.org/doi/pdf/10.1164/ajrccm-conference.2017.195.1\_MeetingAbstracts.A6449](https://sci-hub.se/https%3A/www.atsjournals.org/doi/pdf/10.1164/ajrccm-conference.2017.195.1_MeetingAbstracts.A6449)

Tee, A. (2017). Chronic Obstructive Pulmonary Disease (COPD): Not a cigarette only pulmonary disease. *Ann Acad Med*, *46*(11), 415–416. Retrieved from: <http://www.annals.edu.sg/pdf/46VolNo11Nov2017/V46N11p415.pdf>