COPD

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COPD

1.COPD is a characterized by an airflow limitation which is poorly reversible. The main factors that play an important role in the pathophysiology of COPD is chronic inflammation. As a result of smoking and other irritants the T cells, neutrophils, and other such irritants accumulate in the airways. Some of the common symptoms of COPD are a chronic cough, fatigue, chest tightness, wheezing and shortness of breath while doing daily activities (“Pathophysiology of COPD,” n.d.).

2. There are various risk factors of COPD, and the most common factors are smoking, people who have asthma but they continue smoking are at higher risk of COPD, long term exposure to irritants like dust and fume, and also age is one of the main risk factors for this disease (Physician, n.d.).

3. Some of the most recent advances in the treatment of COPD involves the improvement of long-acting bronchodilators, benefits of ICS recognition and also the formation of pulmonary rehabilitation programs. Another effective treatment is oxygen therapy in which if there is not enough oxygen in the blood then it is supplemented (Sciurba, 2003).

4. To diagnose COPD the doctor will look at the signs and symptoms of the disease and the various tests are used for diagnosis including the lung function test, chest X-ray, CT-scan and other lab tests in which various genetic and blood tests are done to know if the patient has COPD or not (“COPD - Diagnosis and treatment - Mayo Clinic,” n.d.).

5. The exact anti-inflammatory mechanism of drug Solu-Medrol is unknown; however, it is said that it inhibits various inflammatory cytokines and produces multiple glucocorticoid effects while the drug Albuterol is a receptor-selective drug which soothes the airway smooth muscle. It is used for those patients who have asthma and breathing problems (Ahrens & Smith, 1984)

6. The nurse intervention in case of COPD is essential both in physical and psychological perspective. As smoking is detrimental for patients with COPD, therefore, they must encourage the patients to abandon it. The role of nurses is important in this case to control the patient’s symptoms and also to improve their life quality better (Barnett, 2008)

**References**

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