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# COPD DISCHARGE CHECKLIST

## Medication & inhaled technique

- Discuss all prescribed medication
- Observe patient taking inhalers. If unsure on how to educate on technique talk to ward pharmacist or CNS & find the next inhaled technique drop in session online

## Smoking cessation

- If patient smokes discuss methods of smoking cessation, prescribe NRT or varenicline on discharge, and refer to community smoking cessation team

## Self-management plan

- Issue written self management information - see respiratory web page to obtain
- If >2 exacerbations in last 12 months **AND** you feel patient is capable of recognising exacerbations advise to see GP to discuss getting a rescue pack of antibiotics and steroids. Document that we recommend issuing this in the eTTO.

## Pulmonary rehabilitation

- If unable to walk 200m when well without stopping and has not been to rehabilitation before refer via [pulmonary.rehabilitation@heartofengland.nhs.uk](mailto:pulmonary.rehabilitation@heartofengland.nhs.uk)
  - Put 'PR referral for COPD discharge' in header and include diagnosis, FEV1 and MRC score. You can refer without an FEV1 if it is not yet available.

## Follow up plan

- Inform COPD CNS of discharge date and patient's phone number
- Arrange COPD clinic or usual COPD team review in 6 weeks via CNS or phone to usual team respectively