

Transitioning to Self-Management

HealthLine 811

Home Health Monitoring

COPD



CS-PIER-0172
JULY 2024



saskhealthauthority.ca

Call your healthcare provider or go to your nearest Emergency Department if you have any of the following:

- Chest Pain
- Shortness of breath that is not relieved by your treatment options
- Shortness of breath that leaves you unable to speak
- Confusion
- Extreme drowsiness
- Coughing up blood

For 24 hour professional health advice and information, call:



THINGS TO CONTINUE

MONITORING

- Keep monitoring your SpO₂ and pulse— it is beneficial to write down your readings every day, so you can ensure you catch changes early and alert your health care team.
- Write down your vital signs and record your sputum colour and consistency, and other symptoms such as shortness of breath in a book or paper. Use the attached worksheets if that would be helpful.
- Take your information to your medical appointments to explain to your healthcare provider what your experiences have been.
- Tell your healthcare provider right away if you have started any new treatments that they may not be aware of (i.e. if you started a medication from your action plan)

COMMUNICATING

- Make sure you understand your prescribed treatments; ask questions as you need to. It is important to understand things fully so you feel comfortable.
- Recognize that you are an important part of the health care team— this is your journey and your team is there to support you.
- If you have difficulty with communicating or understanding, try to find a support person that can help you.

UNDERSTANDING YOUR COPD

- Know and understand your triggers. Try to stay away from triggers or limit your exposure to them.
- Common triggers are: colds/flu; smoking; things in the environment that affect air quality (smoke, dust, pollens) or cold or humid temperatures; scents like perfumes or household chemicals.
- Learn about your treatments; ask questions about your care management and options available to you.
- Have a support person. The support person can help you understand your disease or help with appointments.
- Find support from others: There are community programs, online programs, and support groups of people who may be helpful to you and your journey.
- Manage your mental health— pay attention to your mental well being, and ask for help if you need it.
- Take care of yourself— eat as healthy as you can; rest as you need it; stay as active as possible.
- Stay informed. Below is a list of resources to help you continue to learn about COPD.

RESOURCES FOR YOUR COPD JOURNEY

What Is COPD

- Lung Saskatchewan Health Resources <https://www.lungsask.ca/lungs/programs-support/lung-health-resources>
- Live Well Saskatchewan <https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/chronic-disease-management/livewell-saskatchewan/register-livewell-saskatchewan-workshop>
- Living Well with COPD <https://www.livingwellwithcopd.com>
- Global Strategy for the Diagnosis, Management, and Prevention of COPD <https://goldcopd.org/>
- COPD Patient Package <https://goldcopd.org/wp-content/uploads/2019/02/GOLD-Patient-Guide-2019.pdf>

Mental Health and Wellbeing

- LungSask- Taking Care of your Mental Health Living with a Lung Condition [mental-health.pdf](#) (lungsask.ca)
- Rx Files: Mental Health Resource Tool Kit <https://www.rxfiles.ca/rxfiles/uploads/documents/tool-mental-health-toolkit.pdf>
- Saskatchewan.ca- Mental Health Services <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/mental-health-support/mental-health-services>
- Saskatchewan Health Authority: Live Well with Chronic Conditions <https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/chronic-disease-management/livewell-saskatchewan>
- University of Regina: Online Therapy Unit [OnlineTherapyUser](#)
- 8-1-1 and press option 2 for a mental health clinician
- 9-8-8 if thoughts of suicide or self-harm
- 1-855-242-3310 Hope for Wellness (a resource for Indigenous peoples)

COPD Exercise

- Pulmonary Rehabilitation Program [Find a Pulmonary Rehab Program | Lung Saskatchewan](#)
- Exercise Lung Health <https://www.lungsask.ca/document/exercise-lung-health.pdf>

RESOURCES (continued):

Smoking Cessation

- Smokers Helpline – 1-877-513-5333 www.smokershelpline.ca
- Get a Quit Coach - 1-866-366-3667
- Lung Association – 1-888-566-5864 www.lung.ca
- Live Well with Chronic Conditions 1-306-873-3760
- Lung Sask Quitting Smoking <https://www.lungsask.ca/school-zone/tobacco/quitting-smoking>
- Help Them Quit www.helpthemquit.ca
- Living Well With COPD www.livingwellwithcopd.com
- Make a Pact www.makeapact.ca
- Saskatchewan Coalition for Tobacco Reduction www.sctr.ca
- Saskatchewan Prevention Institute www.skprevention.ca/smoking-and-tobacco
- Smokers Helpline Tobacco Free Life www.tobaccofreelife.org
- You Can Make It Happen www.youcanmakeithappen.ca

NOTES:

Date/ Time	Pulse	SpO ₂	Shortness of Breath? Yes/ No	Sputum Color/ Consistency



CS-PIER-0172

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

PIER—Patient Information and Education Resource

JULY 2024