



## AFTER A COPD HOSPITALIZATION

If the person you care for has recently been in the hospital, there may be changes in his or her normal routine. For example, after being discharged from the hospital or seeing the doctor for a post-hospitalization visit, the person you care for might get a new care plan or a new prescription. Use this form to help you prepare for and manage these changes.

Date \_\_\_\_\_

### Managing care after hospital discharge or a post-hospitalization visit with the doctor

- Prepare in advance any questions you might have for the post-hospitalization visit with the doctor.
- Review the discharge plan with healthcare providers before leaving the hospital.
- Update the medication list, adding any new prescriptions and removing any outdated medications.
- Review any new treatments and the updated medication list with both the person you care for and your backup caregiver.
- Prepare for use of new oxygen, if prescribed.
- Learn about the pulmonary rehabilitation centers available in your area. If you can't find pulmonary rehabilitation centers near you, or have limited access to in-person pulmonary rehabilitation, check out [RHA's Project STRENGTH resources](#) to help you start pulmonary rehabilitation activities at home.
- Learn about the home health companies in your area.
- Update your contacts list to reflect any new providers or services the doctor suggested, such as pulmonary rehabilitation or physical therapy.
- If you have not already done so, set up a Power of Attorney, which outlines the medical preferences of the person you care for, and appoint a person to act on his or her behalf during a future emergency.
- If you have not already done so, complete a POLST form, which outlines specific medical treatments the person you care for may want during a medical emergency.
- Refresh your understanding of how to use medical devices, such as the nebulizer and inhalers. While your recollection is clear, make notes about how to use these devices in the right way.

## THE COPD CAREGIVER'S TOOLKIT