


Chronic Obstructive Pulmonary Disorder (COPD) 2025

Patient Oriented Discharge Summary (PODS)

 I came to the hospital on _____ and left on _____.

- ☐ I know why I was in the hospital.
- ☐ My essential care partner has a copy of this PODS.
- ☐ I have received a copy of the *Supporting People With Chronic Obstructive Pulmonary Disease (COPD)* pamphlet.
Scan the QR code or visit:
› www.nshealth.ca/patient-education-resources/2445
- ☐ I have a copy of my Patient Priorities and Goals of Care form.



Medications

- ☐ My list of medications was reviewed with me.
- ☐ My approval forms for medication coverage have been submitted.
- ☐ My prescriptions were faxed to my pharmacy at: _____
- ☐ My medications from home were returned to me.
- ☐ I will ask my primary health care provider (family doctor or nurse practitioner) or my pharmacist if it is safe to use over-the-counter medications or supplements (like vitamins, herbal products).

Before discharge, I received:



☐ My morning medications



☐ My midday medications



☐ My evening medications

Notes: _____



While I was in the hospital I received:

Flu vaccine

- ☐ Yes
- ☐ Not applicable

COVID vaccine

- ☐ Yes
- ☐ Not applicable

Pneumonia vaccine

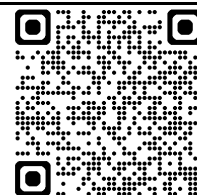
- ☐ Yes
- ☐ Not applicable

- ☐ After I go home, I will talk to my primary health care provider or to my pharmacist about the RSV vaccine and about keeping my other vaccines up to date.
- ☐ I will talk with my primary health care provider about my COPD action plan.
- ☐ I have been referred to The INSPIRED COPD Outreach Program™.



Inhaler use

- Names of **daily** inhalers: _____
- Names of **rescue** inhalers (use as needed when short of breath): _____
- **Use your inhaler properly every time** (scan the QR code to watch a video):
 › <https://cts-sct.ca/covid-19/how-to-properly-use-an-inhaler/>
- ☐ Check with your health care team often to make sure you are using your inhaler properly.



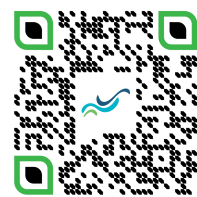
Recovery

- Most people feel better after 3 to 5 days. You may still:
 - › feel tired.
 - › have a mild cough for 30 days (1 month) or more.
- Keep taking antibiotic medications as prescribed.
- Drink plenty of fluids to avoid dehydration (not having enough fluids) unless told not to by your health care team.



Home care

- ☐ I have Continuing Care set up for when I go home.
- For more information:
 - › Phone (toll-free): 1-800-225-7225
 - Scan the QR code or visit:
 - › www.nshealth.ca/continuing-care



Home oxygen (if needed)

- ☐ I am a new home oxygen client and I have been given a home oxygen information package.
- ☐ Supplier : _____
- ☐ I am already a home oxygen client and I know how to contact my supplier if I need more oxygen or support. My services will restart.
- ☐ I have a portable oxygen tank that I can go home with.



Sex

- Talk with your health care team about when you can go back to having sex.



Equipment

- ☐ I have been approved for equipment funding.
- ☐ I have been given a prescription for equipment from the occupational therapist.



Activity

- Being physically active helps your lung health.
- Helps you go back to your usual activities.
- ☐ Recommendations about my activity level were provided



Smoking

- **The best thing you can do for your health is to stop smoking and/or vaping.**
- When you are ready to quit, call 811 for information about resources to help you quit.



Eating and drinking

- ☐ Go back to your usual eating and drinking.
- ☐ I will follow the eating guidelines from my health care team.
- If you are not as hungry as usual, eat small meals more often through the day.



Prevent infection

- **The best way to prevent the spread of infection is to wash your hands often with soap and water or use alcohol-based hand rub.**
- Stay home until you are well.
- Wear a face mask in public places.
- Try to avoid others who are sick.
- Keep your vaccines up to date.



Mental health

- Practice habits to help your mental health (like lowering anxiety and stress) during and after your recovery. For ideas, scan the QR code or visit:
 - › <https://mha.nshealth.ca>
- If you are having trouble with your mental health, or alcohol or drug use:
 - › Mental Health and Addictions Services Intake Service
 - › Phone (toll-free): 1-855-922-1122
 - › **If it is an emergency, call 911 or go to the nearest Emergency Department right away.**







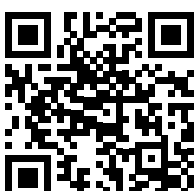






My appointments:

Who?	Why?	When?	Contact information
Primary health care provider			
Specialist			


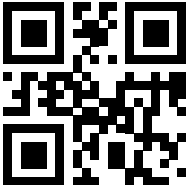



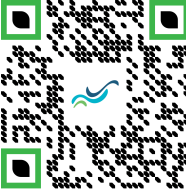


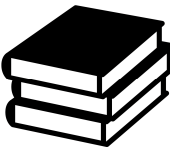
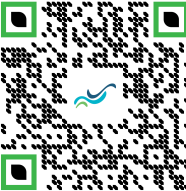
Resources

Scan the QR code

	The INSPIRED COPD Outreach Program™ INSPIRED helps people with COPD by providing COPD information and support, a “COPD Action Plan” to help manage flare-ups, and suggesting programs and services that may help. › www.nshealth.ca/clinics-programs-and-services/copd-inspired-copd-outreach-program-and-copd-care-and-education-nova	
	Nova Scotia Health COPD Virtual Series › https://cht.cdha.nshealth.ca/Select.aspx?eventAbbr=HNSCOPD	
	Personal Directives in Nova Scotia Have you created and discussed your personal directives and/or advanced care planning for your health goals? Learn more: › https://novascotia.ca/just/pda/	
	Need a Family Practice Registry If you do not have a primary health care provider, you can register to be added to the Need a Family Practice Registry: › https://needafamilypractice.nshealth.ca/ › Phone: 811	
	Being on the Need a Family Practice Registry gives you access to VirtualCareNS . They can prescribe medications, order tests, and refer you to a specialist or in-person care as needed: › www.nshealth.ca/clinics-programs-and-services/virtual-care-ns	

Resources

Scan the QR code




	<p>211 Nova Scotia is a free, confidential (private) information and referral service that can connect you to programs and services offered by local community groups, nonprofits, and government departments across Nova Scotia, 24/7:</p> <ul style="list-style-type: none"> › Phone: 211 › https://211.ca 	
	<p>YourHealthNS YourHealthNS is a new app that helps you navigate health information, book services, and discover care options, right from your phone or computer:</p> <ul style="list-style-type: none"> › https://yourhealthns.ca 	
	<p>Where to Go for Healthcare Find information about health care services in your area:</p> <ul style="list-style-type: none"> › www.nshealth.ca/wheretogoforhealthcare 	
	<p>HealthyNS Healthy NS provides free online health and wellness classes for people who live in Nova Scotia. You do not need a referral. To register for a class, use your Nova Scotia health card. For more information and to register for a class:</p> <ul style="list-style-type: none"> › www.healthyns.ca 	
	<p>Patient Education Find easy to understand and trustworthy health information:</p> <ul style="list-style-type: none"> › https://library.nshealth.ca/patienteducation 	

Notes:

What COPD zone are you in today?

To help lower the risk of acute flare-ups:

- › Do not smoke or vape.
- › Avoid secondhand smoke and household irritants (like dust, harsh cleaning solutions).
- › Check the daily air quality health index for outdoor pollution.
- › Get vaccinated.

 Green Zone: All clear — This is your goal. <ul style="list-style-type: none"> • Usual cough • Usual phlegm (sputum) • Usual shortness of breath with activity • No chest pain, pressure, or discomfort 	What to do: <ul style="list-style-type: none"> • Keep up your current care plan.
 Yellow Zone: Caution — This zone is a warning. <ul style="list-style-type: none"> • Wheezing that is getting worse • Cough that is getting worse • Changes in the amount, colour, or thickness of phlegm • Shortness of breath that is getting worse for at least 48 hours (2 days) • More tired than usual 	What to do: <ul style="list-style-type: none"> • Follow your COPD Action Plan. <ul style="list-style-type: none"> › Take your flare-up prescriptions, if needed. • If you do not have a COPD Action Plan, talk to your primary health care provider (family doctor or nurse practitioner). <ul style="list-style-type: none"> › If you do not have a primary health care provider, call 811 to be added to the waitlist and to get access to VirtualCareNS (see page 4). • If your symptoms are not better after following your COPD Action Plan for 48 hours, see Red Zone below.
 Red Zone: Emergency — This means act fast! <ul style="list-style-type: none"> • Fever (temperature above 38 °C or 100.4 °F) • Chest pain or pressure • Struggling to breathe • Shortness of breath that stops you from doing any activity • Blue lips or nail beds • Suddenly more confused or disoriented 	What to do: <ul style="list-style-type: none"> • Call 911 or go to the nearest Emergency Department right away. • Bring: <ul style="list-style-type: none"> › Your provincial health card › A list of all your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements) › A list of your allergies › Your personal directive (PD), if you have one › Any other information you think may help EHS (Emergency Health Services) or Emergency Department staff

☐ *I acknowledge (accept) that Nova Scotia Health cannot be held responsible for the use, disclosure, storage, and destruction of this information once provided to me, my Substitute Decision Maker, or designate. I acknowledge Nova Scotia Health does not retain (keep) a copy of this form within my medical record and cannot be reissued (printed again) if lost.*

Signature (Patient/Family): _____

Health care provider: _____ (RN)

Date (YYYY/MM/DD): _____

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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