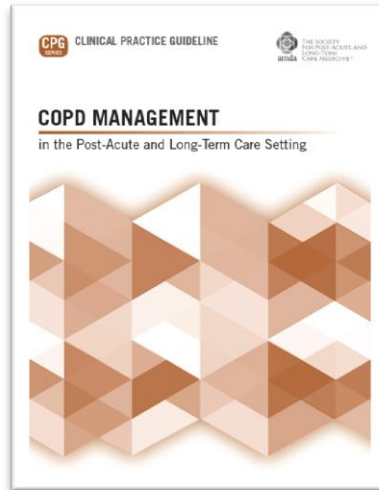


COPD Management in the Long Term Care Setting - Clinical Practice Guideline



Continuing Professional Education Program Self-Study Course

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**COPD Management in the Long Term Care Setting: Clinical Practice Guideline
CPE Program for RDNs, NDTRs, and CDMs**

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Acknowledgements

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How to Complete this Course and Receive Your Certificate

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This course and test must be completed prior to the expiration date. To obtain your continuing education certificate, you must review the material provided, take and pass an online test, and complete a simple evaluation. You may re-take the online test as many times as needed prior to the expiration date. If you are interrupted and cannot finish the test, you can save the test and come back later to finish it.

Carefully review the contents of this program. Keep in mind the practical applications it has for you in your individual setting. The focus is to increase your knowledge and application of the subject matter. For multiple choice questions select the one best answer from the choices given.

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Course Expiration Date Must be completed prior to this date	Continuing Education Hours	CDR Level
January 10, 2021	2	II

Course Description

Chronic obstructive pulmonary disease (COPD) is a preventable, treatable disease characterized by persistent airflow limitation. COPD is currently the third leading cause of death in the United States and is estimated to affect 14.2% of adults aged 65 and older. Studies suggest that one of every six patients admitted to PA/LTC facilities may have a history of emphysema or COPD. The COPD Management in the Long Term Care Setting: Clinical Practice Guideline outlines steps for assessment, treatment, and monitoring of patients with COPD. Outcomes that may be expected from the implementation of this clinical practice guideline include the following:

- Earlier identification and better differential diagnosis of COPD
- Higher value care for COPD
- Improvements in a number of aspects of care, including nutritional status and management of multimorbidity.
- Comfort care for patients with end-stage COPD

Course Learning Objectives

After completion of this continuing education program, the learner will be able to:

1. State 3 treatment goals for patients with COPD.
2. Understand the role of nutrition care and exercise in patients with COPD.
3. Understand how comorbidities associated with COPD can complicate diagnosis and treatment.

Suggested CDR Learning Needs Codes

- 4190 Elderly Nutrition
- 5040 Long Term, intermediate, assisted living
- 5330 Pulmonary Diseases
- 5410 Client protocols, clinical guidelines

Additional CDR Learning Needs Codes that may apply: 5100, 5430

Suggested CDR Performance Indicators

- 8.1.5 Applies medical nutrition therapy in disease prevention and management.
- 10.2.4 Integrates foundational dietetics knowledge with critical appraisal of assessment data to diagnose nutrition problems (using problem solving, etiology, signs, and symptoms [PES], which can be resolved or improved through treatment or nutrition intervention.
- 10.2.5 Develops nutrition prescription to communicate required food and nutrient needs.

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- 10.2.7 Prioritizes specific nutrition problems(s)

Additional CDR Performance Indicators that may apply: 10.2.9

Note: Numerous Other Learning Needs Codes and Performance Indicators May Apply.

Continuing Professional Education Self-Assessment Test
And Answer Key

Susan is a young registered dietitian nutritionist (RDN) that has been working in a cardiac rehab center for a year. She has a new job at a long term care (LTC) facility and is now treating patients with multiple medical problems. Susan has a new patient with newly-diagnosed COPD and she is doing research to update her clinical skills to help her assess and treat this condition. The results of Susan's research are as follows:

1. One of the following statements about respiratory conditions is true. The true statement is:
 - a. No effective therapy exists for COPD and a decline in the patient's condition is inevitable.
 - b. COPD is often a comorbidity rather than the primary reason for a patient's admission to a LTC facility.
 - c. COPD can be clearly differentiated from other respiratory conditions, such as asthma, and from other chronic diseases common in frail elderly people.
 - d. A standardized screening tool exists to assess patients for COPD on admission to a LTC facility.

2. Most acute exacerbations of COPD are caused by _____.
 - a. Heart failure
 - b. Smoking
 - c. Respiratory infections
 - d. Use of scented products in a facility

3. Nutrition-related risk factors that might indicate that a patient is at risk for COPD include:
 - a. Weight loss or gain
 - b. Elevated blood sugars
 - c. Poor food and fluid intake
 - d. High body mass index (BMI)

4. Which of the following differentiates COPD from heart failure or asthma?
 - a. Symptoms start early in life
 - b. Symptoms are worse at night
 - c. Pulmonary function tests indicate volume restriction versus airflow restriction
 - d. Symptoms are slowly progressive

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5. Goals of care for COPD patients might include all of the following except:
 - a. Reduce the frequency of acute exacerbations of COPD.
 - b. Maintain the patient's current level of functioning to the highest level possible.
 - c. Minimize use of oxygen therapy.
 - d. Provide comfort care to a patient with a terminal or end-stage condition.

6. COPD patients are likely to have _____.
 - a. Increased fluid intake
 - b. Increased resting energy expenditure (REE)
 - c. Increased appetite
 - d. Increased risk for pressure injuries

7. The presence of COPD puts patients at high risk for _____.
 - a. Dental caries
 - b. Health-care acquired pneumonia
 - c. Aspiration pneumonia
 - d. Emphysema

8. One of the goals of treatment for COPD should be exercise training. The benefits of exercise training include:
 - a. Improving oxidative capacity
 - b. Decreasing efficiency of skeletal muscle
 - c. Decrease in chronic pain
 - d. Decrease in anxiety and depression

9. Which of the following statements about comorbidities and COPD is true?
 - a. Left ventricular heart failure can be caused by COPD.
 - b. Use of steroids can elevate blood sugars and worsen glucose tolerance.
 - c. Anxiety and depression associated with COPD can't be treated effectively because of medication side effects.
 - d. Chronic bronchitis may result in improved sleep patterns.

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10. The Academy of Nutrition and Dietetics Evidence Analysis Library for COPD suggests that ____.
- a. Omega-3 fatty acid supplements are needed for patients with COPD
 - b. Patients with COPD should avoid milk and milk products because they increase mucous production
 - c. Medical food supplements result in increased energy intake
 - d. Patients with COPD should eat less fat and more carbohydrate