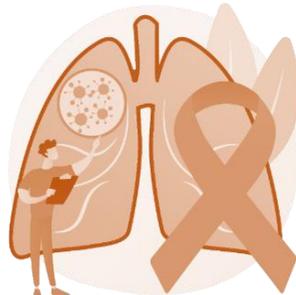




جامعة الإمام عبد الرحمن بن فيصل
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Chronic Bronchitis and/ or Emphysema (COPD)



What is COPD?

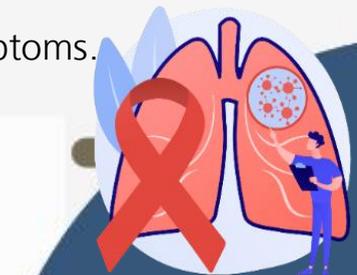
COPD is a heterogeneous lung condition characterized by chronic respiratory symptoms (chronic bronchitis and/ or emphysema) due to abnormalities of the airways that cause airflow obstruction, it includes:

First type: Emphysema

Abnormal enlargement and destruction of the alveolar wall, resulting to permanent dilation and loss of elasticity.

Second type: Chronic Bronchitis

It is an inflammation of the airways resulting in chronic cough and sputum production for at least 3 months per year for two consecutive years, in absence of other conditions that can explain these symptoms.





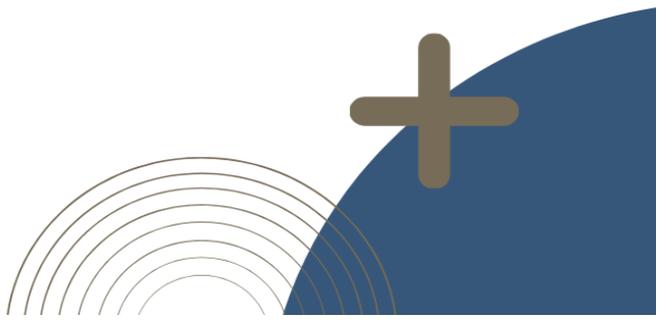
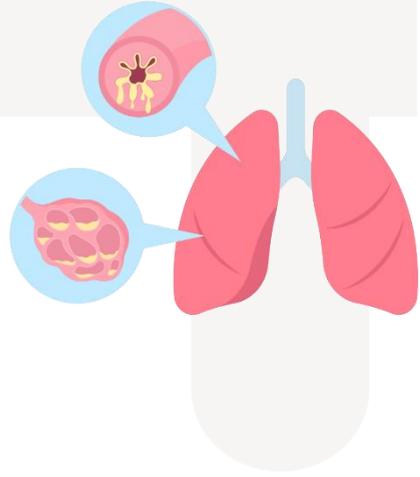
What are Chronic Obstructive Pulmonary Disease (COPD) signs and Symptoms??

- Shortness of breath.
- Wheezing.
- Cyanosis.
- Chronic cough with sputum.
- Recurrent respiratory infection.
- Loss of appetite.
- Weight loss.
- Fatigue.



What are the complications of COPD?

- Respiratory system infections.
- Pneumothorax.
- Lung cancer.
- Respiratory failure.
- Pulmonary hypertension.
- Cardiac diseases.
- Depression.





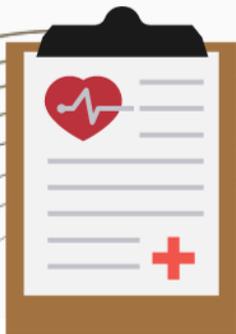
What are the risk factors for COPD?

- Smoking.
- Exposure to tobacco smoke (passive smoker).
- Exposure to air pollution.
- Exposure to dust and chemicals in the workplace.
- Recurrent respiratory tract infections.
- Age (≥ 40 years).
- Genetic factors.
- Asthma.



What are the diagnostic steps for COPD?

- * Medical history.
- * Clinical examination.
- * Chest X-rays and CT scans of the chest.
- * Arterial blood gases and Oxygen saturation.
- * Pulmonary function tests.





What is the management plan for COPD?

- * Quitting smoking.
- * Acquire a healthy lifestyle including:
 - o Adequate nutrition (high protein, vitamins, and low carbohydrates).
 - o Exercising.
- * Avoid air pollution.
- * Taking yearly vaccination.
- * Medical interventions that include:



Antibiotic



Oxygen
therapy



Steroids



Bronchodilators



What is the management plan for COP?

* Pulmonary rehabilitation programs:



Planned individualized
exercises



Breathing exercise



Health education about
COPD

What are the smoking cessation steps?

1. Making the decision to quit smoking.
2. Consulting the doctor to make plan for quitting smoking.



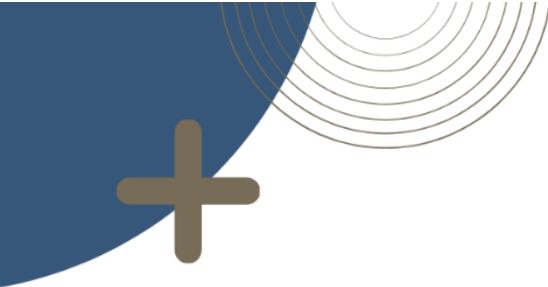


What are the smoking cessation steps?

3. Regular follow up with the doctor till complete quitting.
4. Using nicotine replacement therapy under medical supervision.
5. Replacing smoking with another activity like physical activity.

Note: The Ministry of Health provides free services in smoking cessation clinics to assist patients in quitting, whether through in-person clinics or online clinics.





What are the benefits of smoking cessation?

- ✓ Reduction of lung inflammation
- ✓ Improve respiratory symptoms.
- ✓ Reduce the risk of cardiac diseases.
- ✓ Reduction in blood cholesterol level
- ✓ Reduce the risk of cerebral stroke
- ✓ Reduce the risk of cancer



Sources and References:

- Global Initiative for Chronic Obstructive Lung Disease.
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- Mayo Clinic.
<https://www.mayoclinic.org/ar/diseasesconditions/copd/symptoms-causes/syc-20353679>

Review and Audit:

The content of this booklet was reviewed by the educational staff in the Department of Respiratory Therapy at the College of Applied Medical Sciences in Jubail.

Respiratory Care Department

Health Awareness Unit

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