

Chronic Obstructive Pulmonary Disease Clinic

The COPD Clinic at CHRISTUS Trinity Mother Frances Louis and Peaches Owen Heart Hospital - Tyler focuses on helping COPD patients proactively manage their pulmonary disease and improve their quality of life. The distinguished team of providers offers a comprehensive approach to COPD treatment that seeks to reduce hospitalizations and provide personalized outpatient therapy and patient education programs.

COPD Clinic Services

- Education about medications and how they work
- Education programs for patient's family members and caretakers
- Frequent follow-up calls by clinic staff to help to avoid readmission to the hospital
- Individualized review of patient's medications to ensure they are working appropriately by primary care provider and pulmonologist
- Provide patient education to help manage disease and control symptoms

What is COPD?

Chronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Symptoms include breathing difficulty, cough, mucus (sputum) production and wheezing. It's typically caused by long-term exposure to irritating gases or particulate matter, most often from cigarette smoke.

Emphysema and chronic bronchitis are the two most common conditions that contribute to COPD. These two conditions usually occur together and can vary in severity among individuals with COPD.

Chronic bronchitis is inflammation of the lining of the bronchial tubes, which carry air to and from the air sacs (alveoli) of the lungs. It's characterized by daily cough and mucus (sputum) production.

Emphysema is a condition in which the alveoli at the end of the smallest air passages (bronchioles) of the lungs are destroyed as a result of damaging exposure to cigarette smoke and other irritating gases and particulate matter.

Although COPD is a progressive disease that gets worse over time, COPD is treatable. With proper management, most people with COPD can achieve good symptom control and quality of life, as well as reduced risk of other associated conditions.

| COPD Zones | |
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| Green Zone | All Clear—This Zone Is Your Goal <ul style="list-style-type: none"> • I am doing well today |
| Yellow Zone | Feeling ok today, but not myself <ul style="list-style-type: none"> • Little shortness of breath (slightly more than normal) • Lower than usual activity and exercise level • Usual amounts of cough and phlegm/ mucus |
| Orange Zone | Caution— This Zone Is A WARNING ZONE (notify COPD Clinic Nurse Navigator) <ul style="list-style-type: none"> • More breathless than usual • Less energy for my daily activities • Increased or thicker phlegm/ mucus • Using quick relief inhaler/ nebulizer more often • More coughing than usual • I feel that I have a “chest cold” • Poor sleep and my symptoms woke me up |
| Red Zone | Caution—I need URGENT medical care (Call 911) <ul style="list-style-type: none"> • Too short of breath to speak • Not able to do any activity because of breathing • Not able to sleep because of breathing • Fever or shaking chills • Feeling confused or very drowsy • Wheezing or chest tightness at rest or chest pain • Coughing up blood |

For more information regarding the COPD Clinic please call 903- 606- 2364.