

Are you doing the right thing with COPD patients

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Nowadays, in the context of China's rapid economic development, air quality is constantly decreasing, which has a serious impact on people's health. Chronic obstructive pulmonary disease (COPD) is one of the respiratory diseases with high incidence in recent years, and it is very close to what people call emphysema. In the process of analyzing its clinical manifestations and symptoms, it was found that it mainly has chronic dyspnea and other symptoms. If this condition is not controlled in time, it will worsen in winter and spring, and the symptoms will be more obvious after the patient has completed the activities. Although there are many ways to treat COPD in clinic at present, due to the complex pathogenesis of this disease, there is no radical cure. Nursing for COPD patients can improve the treatment compliance of patients to a certain extent and alleviate related symptoms, which is one of the effective measures to improve the treatment quality of COPD disease.

The main symptoms of COPD patients are cough and dyspnea, etc., in the early stage of COPD, some patients feel that these symptoms are not fatal, so they always think that it does not matter whether they are treated or not, which leads to COPD patients often miss the best time for treatment, which seriously affects the treatment effect. There are also patients who think that this disease can be cured by taking medicine, but there is no scientific basis for this idea. In this context, in order to better alleviate the symptoms of COPD patients, it is necessary to recognize the importance of nursing work. So are you doing the right thing about the care of COPD patients? Do you know all about the actual care? Let's analyze it together.

I. Strengthen the importance of nursing care for patients with COPD

In order to further improve the quality of treatment of COPD, medical personnel have conducted a comprehensive study on the care methods and pathogenesis characteristics of this disease. COPD is a systemic disease, so it will not only cause damage to human lung function, but also affect the patient's systemic immune system in severe cases if it is not effectively treated and cared for.

Due to the complexity of the pathogenesis of COPD, if it has been treated, its effect is not very obvious, which requires nursing staff to strengthen the care of patients, help patients develop good living habits in their daily life, and actively encourage them to face the treatment process. At the same time, it is also necessary to tell patients about the dangers of smoking, and in the pathogenesis of this disease, smoking is the main factor leading to a variety of chronic lung diseases. Therefore, nursing staff should help patients quit bad habits, make them aware of the dangers of COPD, and strengthen functional training, so as to provide protection for patients' physical health.

II. Nursing content of COPD patients

1 Deep breathing exercises

Nowadays, in people's daily living environment, the sources of air pollution are gradually increasing, and the air quality is getting worse and worse. In addition, in recent years, the living standards of Chinese residents have been continuously improved, and the number of private cars has also increased year by year, which has seriously affected the quality of urban air. At the same time, due to the influence of various factors such as work, most people's bad lifestyle habits are also increasing, such as alcohol abuse and excessive cold food, which are the main factors leading to COPD.

This disease is characterized by a decrease in lung function and an increase in residual air in the lungs, which can

seriously affect breathing. Therefore, when nursing COPD patients, it is necessary to actively guide patients to take deep breathing, which can effectively increase ventilation, promote oxygen inhalation and carbon dioxide excretion. Patients can improve their lung elasticity through long-term deep breathing exercises. The main practice is to use nasal inhalation and mouth exhalation, first of all, to take deep and long breathing, practice once a day in the morning and evening, each time to control the time in about 15 to 20 minutes, in the process can not be nervous, to keep the body and mind relaxed, when the physical fitness is better, you can also cooperate with breathing exercises to practice, and constantly improve lung function. In addition, abdominal breathing and pursed lip breathing are also the main methods of breathing training.

Correctly guiding patients to use abdominal breathing and lip contraction breathing for breathing exercises can not only promote air exchange, but also increase lung elasticity, increase thorax motion, and improve nursing quality. In the process of breathing training, the nursing staff should also combine the actual situation of the patient to choose standing, or lying, to control the temperature difference between the indoor and outdoor can not be too large, in good weather, to open the window ventilation, to provide patients with a good indoor air quality.

2 Oxygen therapy nursing

COPD is a respiratory disease, which is clinically manifested as dyspnea and cough, and if the patient is in a state of hypoxia for a long time during treatment, it will lead to the occurrence of other complications, such as pulmonary hypertension, which aggravates hypertension to a certain extent. Therefore, in the process of caring for COPD patients, nursing staff should guide them on how to carry out long-term home oxygen therapy.

When the effect of oxygen therapy is achieved, the patient must be allowed to inhale low concentration oxygen for a long time, the purpose of doing so is to ensure that the effective oxygen concentration reaches the lung and avoid accidents in the patient. Relevant medical studies have found that the effective oxygen concentration in the lung is about 29% to 35%, so the nursing staff should ensure that the effective oxygen concentration in the lung is within this range when guiding the patient to use the nasal oxygen tube to inhale oxygen, before the patient can stop inhaling oxygen. In addition, in order to ensure the effectiveness of the concentration, it is necessary to strengthen the effective application of the medical grade 5L oxygen generator, so as to continuously improve the quality of care.

When choosing an oxygen concentrator, nursing staff should not only combine the actual situation of the patient and the oxygen concentration, but also judge whether the quality of the oxygen concentrator can be operated for a long time. When some medical personnel analyzed the nursing content of COPD, they found that when carrying out oxygen nursing, it is necessary to ensure that the effective oxygen concentration in the lungs is reached, that is, COPD patients should continue to take oxygen for more than 15 hours a day, so as to improve the quality of life of patients.

3 Dietary care

In the study of the pathogenesis of COPD, medical personnel have found that this disease is an incomplete reversible disease with limited air flow, which will affect multiple organs. With the development of airflow limitation, it will lead to a continuous decline in the patient's cardiopulmonary function, which has a serious impact on their quality of life. At this time, if only relevant treatment is carried out on them, it may accelerate the progression of the disease to a certain extent.

Therefore, in this context, it is necessary to strengthen the care of patients with COPD. As one of the main contents, dietary care can effectively improve the resistance and immunity of patients by ensuring the rationality of dietary structure. Patients should be actively instructed to eat more foods rich in protein, and eat more foods that nourish the lungs in winter and autumn.

4 Psychological nursing

As COPD has the characteristics of a long course of disease and slow recovery, patients need to take drugs for a long time in the treatment, in this process, patients are very prone to psychological problems, such as a sense of disappointment, depression and pessimism and other negative emotions, in order to avoid the impact of these emotions on the treatment effect, it is necessary to strengthen the psychological care of COPD patients based on the actual development of patients. In the

usual nursing work, we should actively communicate and exchange with patients, and understand and help patients from the perspective of patients.

At the same time, in the communication and exchange with patients, we can listen to the needs of patients, actively encourage patients to participate in collective activities, divert their attention, and guide family members to communicate with patients more, understand their needs, and reduce the economic burden of patients. If patients with more serious psychological problems are found in this process, they should be treated with some antidepressant drugs in time.

As one of the effective measures to care for COPD patients, emotional counseling can eliminate the bad emotions that patients are prone to recurring because of the disease, so that patients have a correct understanding of the characteristics and prevention methods of COPD disease, and constantly improve their treatment compliance. Therefore, nursing staff should conduct targeted emotional combing according to the specific situation of patients, maintain a friendly attitude and eliminate their bad emotions, so as to further improve the level of nursing service.

5 Functional training

Functional training is the main measure to improve the basic symptoms of patients with COPD. When nursing staff guide patients to perform lip contraction exercises and abdominal breathing, they should judge the understanding ability of patients in advance, and then demonstrate it in person. Especially for the elderly and those with hearing loss, they may not be able to master this method in a short time. Patiently guide them through rehabilitation training. In this process, it is also necessary to actively guide family members to master accurate training methods to provide a basis for improving the supervision effect of rehabilitation training.

Appropriate exercise is also the main content of nursing. Nursing staff should introduce appropriate exercise methods and improve exercise programs for patients based on their age and physical coordination ability. The main contents include tai chi and fast walking, etc., and do not let them do strenuous exercise. Only in this way can patients' body vitality and resistance be improved and lung function be continuously improved. To help COPD patients recover as soon as possible.

In short, due to the complexity of the pathogenesis of COPD, some patients have a low level of cognition and poor ability to accept disease treatment, which seriously affects the treatment effect, in this process, strengthen the care of COPD patients, understand the basic content of nursing, and high-quality nursing guidance, which can not only improve the overall treatment quality, but also improve the physiological and psychological state of patients, strengthen patients' understanding of COPD, help them improve lung function, improve patients' resistance, and further improve the nursing effect of COPD patients.