

Table 10A. Themes from the follow up calls with the Respiratory Care Practitioner (RCP)

Themes discussed	Examples
Medication information	Explaining the differences between rescue and maintenance inhalers and when each is indicated; discussion of side effects
Breathing techniques	Pursed-lip breathing
COPD medical equipment usage and maintenance	Pulse oximeter, nebulizers, BiPAP and CPAP machines
Dietary concerns	Eating a properly balanced diet, consulting with senior dietician to provide dietary recommendations
Avoiding intrinsic and environmental triggers	Nasal irrigation for seasonal allergies, changing air filters
Smoking cessation	800-QUIT-NOW hotline, educational materials
Oxygen therapy	Obtaining portable oxygen concentrator, supplemental oxygen when exercising, traveling with oxygen
Energy conservation	Pacing, planning ahead and prioritizing activities
Infection control	Proper hand washing techniques, using a mask, avoiding sick contacts, annual flu vaccine
Pulmonary rehab	Description of pulmonary rehab activities, requirements to participation, testing and prior authorization
Educational materials	Providing supplemental COPD patient education materials.