

- I. When hospitalization happens you are already losing the battle.
  - A. The standard of care is not evidence based, creative thinking is not encouraged.
    - 1. A decade of health care reform and “standardized third party payer reimbursements” has created a monster
  - B. No accountability – medical malpractice suits are impossible in the case of covid. No lawyer will take the case. No jury will not fault the “hero” doctors and nurses, that means no large pay out for client or lawyer
  - C. Agencies that are there to protect the public are indifferent – CMS, State health departments, Adult protective services
  - D. Isolation and hopelessness are killing people – red states must pass legislation to allow visitors

II. At home interventions

Position of comfort elevated head of the bed, and or prone	Helps reduce muscle fatigue and can aid chest expansion.
Keep environmental pollution to a minimum such as dust, smoke, and feather pillows, according to the individual situation.	Precipitators of an allergic type of respiratory reactions that can trigger or exacerbate the onset of an acute episode.
Encourage abdominal or pursed-lip breathing exercises.	Provides patient with some means to cope with or control dyspnea and reduce air-trapping.
Observe characteristics of cough (persistent, hacking, moist). Assist with measures to improve the effectiveness of cough effort. Do not take a cough supresseb	Cough can be persistent but ineffective, especially if the patient is elderly, acutely ill, or debilitated. Coughing is most effective in an upright or in a head-down position after chest percussion.

Increase fluid intake to 3000 mL per day within cardiac tolerance. Provide warm or tepid liquids. Recommend the intake of fluids between, instead of during, meals.	Hydration helps decrease the viscosity of secretions, facilitating expectoration. Using warm liquids may decrease bronchospasm. Fluids during meals can increase gastric distension and pressure on the diaphragm.
Demonstrate effective coughing and deep-breathing techniques.	Helps maximize ventilation.
Assist the patient to turn every 2 hours. If ambulatory, allow patient to ambulate as tolerated.	Movement aids in mobilizing secretions to facilitate clearing of airways.
Chest PT such as bronchial tapping when in cough, proper postural drainage.	These techniques will prevent possible aspirations and prevent any untoward complications.

Sources:

Chest Physiotherapy – Chest PT

<http://www.pedilungdocs.com/education/how-to-do-chest-pt-cpt-children-adolescents-adults.pdf>

COPD Care Plans

<https://nurseslabs.com/chronic-obstructive-pulmonary-disease-copd-nursing-care-plans/>

### III. Do's and Don'ts

- A. DO use the pulse ox as a tool, but DON'T obsess and focus only on the number
- B. DO make sure your fingers are warm to get an accurate reading on the pulse ox
- C. DO remember the power of your mind. Try to combat anxiety anyway you can:
  1. Self soothing

- a) I am sick right now but I will not feel like this forever.
  - b) COVID is a bad disease and some people die, but many more live. I know I feel like I'm dying right now, but I can beat this!
  - c) I can take control of my own health even though I am sick.
  - d) I know my body best, the doctor is not always right.
2. Relaxing audio and video
- a) Guided Meditation: Relieve Anxiety, Clear Negativity, Release Worry
  - b) 5 Minute Stress Relief Guided Meditation
  - c) VICTORIAN AMBIENCE | Writer's Room with Classic Music | Writing sound with Cozy Rain for Relaxing
  - d) 11 HOURS Stunning 4K Underwater footage + Music | Nature Relaxation™ Rare & Colorful Sea Life Video
3. FaceTime with family so you do not feel isolated.
4. Pray with you pastor/priest via FaceTime.
- D. DON'T wait to try early treatment, steroid nebulization and supplemental oxygen, these are not hospital only interventions.
- E. DON'T just lay in bed, DO try to get up and move for at least 15 min every 2 hours during the day
- F. DO consider taking 325 mg of aspirin daily unless it is contraindicated due to other conditions, the risk of blood clots is high with Covid.