



Completion of this educational activity entitles eligible participants to **claim 8 CPD hours**.

This activity has been endorsed by APNA according to approved criteria.



THE AUSTRALIAN LUNG FOUNDATION

"When you can't breathe...nothing else matters"™

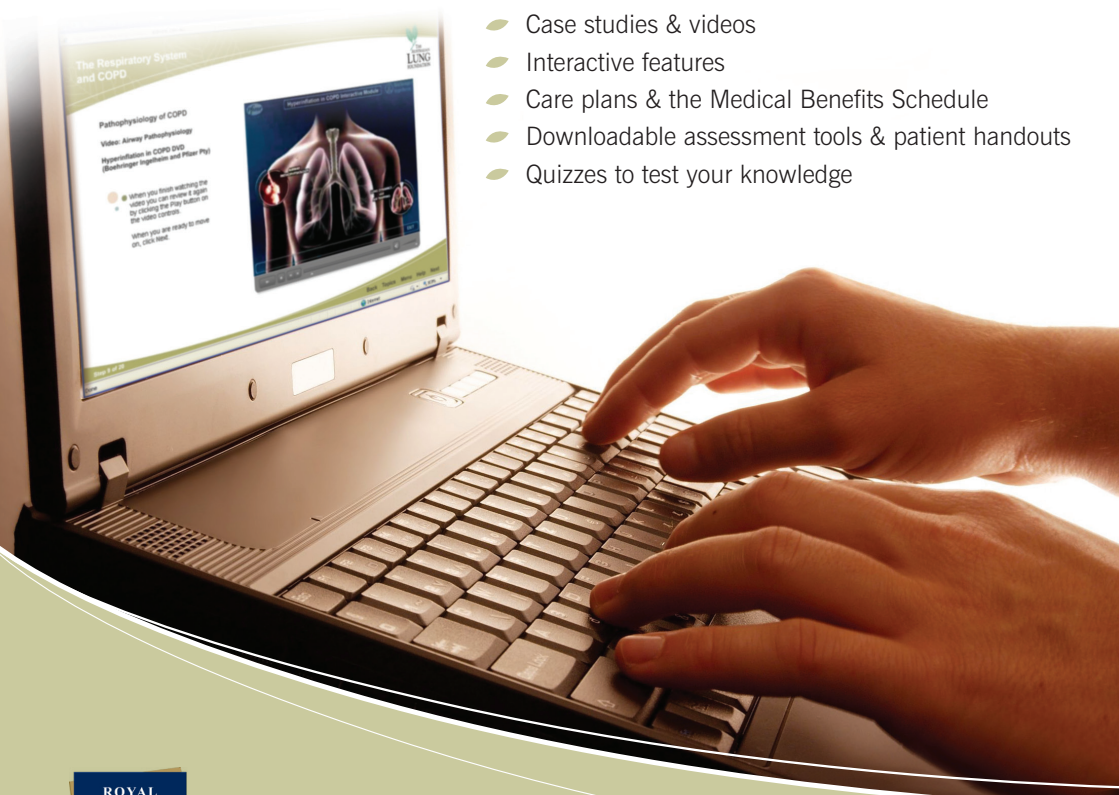
**RCNA
CNE
points: 7**

COPD Online

An interactive training program for primary care nurses

Learn about COPD, identify patients with COPD, manage patients with COPD and develop self-management plans with patients.

- Case studies & videos
- Interactive features
- Care plans & the Medical Benefits Schedule
- Downloadable assessment tools & patient handouts
- Quizzes to test your knowledge



This online learning program has been endorsed by Royal College of Nursing, Australia, according to approved criteria. Attendance attracts 7 RCNA Continuing Nurse Education (CNE) points as part of RCNA's Life Long Learning Program (3LP).

COPD Online Course Modules

Navigating the Training

Learn how to use the features of COPD Online and navigate around the training.

Introduction

Rationale, outline, and benefits of the training. Acknowledgements of authors and reviewers. Information about The Australian Lung Foundation and resources available.

About COPD

Description of COPD, causes, and symptoms. Impact of COPD on the individual and the community. Role of primary care in the management of patients with COPD.

The Respiratory System and COPD

Description of the respiratory system and the mechanics of breathing. Explanation of the pathophysiology of COPD and other respiratory conditions that may co-exist or be confused with COPD.

Management of COPD

Outline the goals of COPD management and highlight the use of evidence based guidelines. Use of the Medicare Benefits Schedule. Role of the multi-disciplinary care team to manage the patient with COPD.

Confirm Diagnosis

Identifying patients at risk of COPD. Diagnosis of patients with COPD, using spirometry. Tests and measures used to assess the severity of COPD.

Optimise Function - Pharmacotherapy

The role of different medications and how they work. Medication inhaler technique.

Optimise Function - Non Pharmacotherapy

Explanation of interventions such as pulmonary rehabilitation, physical activity, breathing techniques, positions of comfort, airway clearance techniques, nutrition, fatigue management and energy conservation. Management of related conditions.

Prevent Deterioration

Interventions to decrease the rate of lung function decline, increase survival and reduce hospitalisations. This includes smoking cessation, immunisation and long term oxygen therapy.

Develop Self-Management Plans

Explanation of self-management. Description of the process of working with COPD patients to develop self-management plans.

Manage Exacerbations

How to develop and use a COPD Action Plan, including monitoring symptoms.

Assessment 1

30 question quiz – 80% pass mark required

Assessment 2

Case Study with 8 questions – 80% pass mark required

For more information contact The Australian Lung Foundation via telephone **1800 654 301**, email enquires@lungfoundation.com.au or visit our website at www.lungfoundation.com.au

