**Assignment 1: Application – Pulmonary Function Testing**

Patients with respiratory disorders often require short-term and long-term treatment. While short-term treatments may successfully relieve a patient’s current symptoms, long-term treatment and management is a necessary component of the care plan. Prior to establishing a care plan, it is essential to complete a thorough patient evaluation. Patients presenting with symptoms of respiratory disorders such as chronic obstructive pulmonary disease (COPD) frequently require pulmonary function testing. These pulmonary function tests are designed to assess patient lung function. Results of these tests can be used in conjunction with the COPD guidelines to develop effective treatment and management plans for patients.

**To prepare:**

* Review the COPD guidelines in the Global Initiative for Chronic Obstructive Lung Disease article in this week’s Learning Resources.
* Reflect on COPD diagnosis, management, and prevention strategies suggested in the guidelines. Consider how to implement these strategies in a clinical setting.
* **Locate and select a case study from a reputable source on a patient whose condition required pulmonary function testing.**
* Consider the COPD guidelines for diagnosis and think about a potential diagnosis for the patient in the case study that you selected.
* Reflect on treatment and management options based on the patient’s diagnosis.

**To complete:**

Write a **2- to 3-page paper** that addresses the following:

* Describe COPD diagnosis, management, and prevention strategies suggested in the COPD guidelines. Explain how to implement these strategies in a clinical setting.
* Explain your diagnosis for the patient in the case study that you selected. Compare the patient’s pulmonary function test results to the COPD guidelines when making your diagnosis.
* Describe treatment and management options based on the patient’s diagnosis.
* USE **AT LEAST 4** OF THE GIVEN RESOURCES FROM THE LIST BELOW

Resources:

Buttaro, T. M., Trybulski, J., Polgar Bailey, P., & Sandberg-Cook, J. (2017). *Primary care: A collaborative practice* (5th ed.). St. Louis, MO: Elsevier.

* Part 4, “Office Emergencies”
  + Chapter 24, “Acute Bronchospasm” (pp. 192-194)

This chapter explores the epidemiology, pathophysiology, and clinical presentation of acute bronchospasm. It also describes the roles of physical examinations, diagnostics, and differential diagnoses in management of acute bronchospasm.

* Part 10, “Evaluation and Management of Pulmonary Disorders” (pp. 417-503)

This part outlines examination and treatment components of pulmonary disorders, such as acute bronchitis, asthma, chest pain, chronic cough, COPD, dyspnea, lung cancer, pleural effusions, and pneumonia. Lifespan considerations, complications, and health promotion strategies are also examined.

* Part 20, “Evaluation and Management of Infectious Disease”
  + Chapter 235, “Tuberculosis” (pp. 1262-1271)

This chapter differentiates between active and latent tuberculosis and examines components that aid in diagnosing and managing tuberculosis, including pathophysiology, clinical presentation, and diagnostics.

[Global Initiative for Chronic Obstructive Lung Disease. (2017).](Global Initiative for Chronic Obstructive Lung Disease. (2017). At-a-glance outpatient management reference for chronic obstructive pulmonary disease (COPD).Retrieved from http://goldcopd.org/wp-content/uploads/2016/11/wms-At-A-Glance-2017-FINAL.pdf This article outlines the COPD guidelines and includes guidance for diagnosis, assessment, and management of patients with COPD.) *[At-a-glance outpatient management reference for chronic obstructive pulmonary disease (COPD)](Global Initiative for Chronic Obstructive Lung Disease. (2017). At-a-glance outpatient management reference for chronic obstructive pulmonary disease (COPD).Retrieved from http://goldcopd.org/wp-content/uploads/2016/11/wms-At-A-Glance-2017-FINAL.pdf This article outlines the COPD guidelines and includes guidance for diagnosis, assessment, and management of patients with COPD.)*[.Retrieved from http://goldcopd.org/wp-content/uploads/2016/11/wms-At-A-Glance-2017-FINAL.pdf](Global Initiative for Chronic Obstructive Lung Disease. (2017). At-a-glance outpatient management reference for chronic obstructive pulmonary disease (COPD).Retrieved from http://goldcopd.org/wp-content/uploads/2016/11/wms-At-A-Glance-2017-FINAL.pdf This article outlines the COPD guidelines and includes guidance for diagnosis, assessment, and management of patients with COPD.)

[This article outlines the COPD guidelines and includes guidance for diagnosis, assessment, and management of patients with COPD.](Global Initiative for Chronic Obstructive Lung Disease. (2017). At-a-glance outpatient management reference for chronic obstructive pulmonary disease (COPD).Retrieved from http://goldcopd.org/wp-content/uploads/2016/11/wms-At-A-Glance-2017-FINAL.pdf This article outlines the COPD guidelines and includes guidance for diagnosis, assessment, and management of patients with COPD.)

Optional Resources

[American Lung Association. (n.d.). Retrieved November 28, 2012, from http://www.lung.org/](http://www.lung.org/" \o "American Lung Association" \t "_blank)

[Drugs.com. (n.d.). Retrieved November 28, 2012, from www.drugs.com](http://Drugs.com. (n.d.). Retrieved November 28, 2012, from www.drugs.com )

[Institute for Safe Medication Practices. (n.d.). Retrieved November 28, 2012, from http://www.ismp.org/](http://www.ismp.org/" \o "Institute for Safe Medication Practices" \t "_blank)

[WebMD. (2012).](http://www.medscape.com/" \o "Medscape" \t "_blank) *[Medscape](http://www.medscape.com/" \o "Medscape" \t "_blank)*[. Retrieved from http://www.medscape.com/](http://www.medscape.com/" \o "Medscape" \t "_blank)