



Proactive Pulmonary Plan



Pulmonary disease affects more than a person's breathing. For an estimated 27.5 million* U.S. adults, pulmonary diseases including COPD can hinder energy, activity, emotional well-being, strength, mobility, and overall quality of life. Fortunately, Paradigm Home Health can help. With over 20 years of experience in pulmonary care, plus our own published research** on home pulmonary interventions with proven outcomes, Paradigm has the experience and plan to help make life better for patients and their families.

Proactive Management Goals

1. Improve quality of life
2. Manage symptoms
3. Reduce shortness of breath (dyspnea)
4. Reduce depression and anxiety
5. Optimize use of medications, including inhalers & nebulizers
6. Reduce dependence on supplemental oxygen
7. Increase physical activity, balance, and strength
8. Improve endurance
9. Enhance self-confidence and social engagement

Paradigm works to help each patient live life to the fullest.



The Breath of Life.

Each proactive care plan is custom-tailored to the unique needs of the patient.

STEP 1 Setting a course.

A successful home pulmonary intervention begins with a thorough assessment of the patient's situation by Paradigm's Registered Nurses and licensed therapists. Our professionals will come to your home to look for contributing factors and determine a plan of action:

Identify health habits that may be making the disease worse

Check for environmental factors that may contribute to symptoms

Comprehensively review medications

Assess nutritional needs

Create a customized therapy program suited to that patient's goals

STEP 2 Change is in the air.

Paradigm's Proactive Pulmonary Plan includes patient-specific education on the things that affect the pulmonary condition and quality of life:

Proper use of medications

Nutritional strategies

Identifying and managing symptoms such as dyspnea, anxiety, and low energy

Our RNs and therapists will implement the patient's custom therapy program to help enhance endurance, mobility, and functional strength.

STEP 3 Getting a second wind.

As in any successful healthcare program, the patient can do a lot to help ensure their individual therapy program is successful—and their life afterward is more enjoyable.

Continue seeing the physician and strictly follow recommendations and orders

Stop smoking

Drink plenty of water

Eat several small meals a day (rather than a few large meals)

Move, move, move

* American Lung Association <http://www.lung.org>

** Journal of Geriatric Physical Therapy http://jgpt.fulltext/2012/07000/A_Randomized_Trial_Comparing_2_Types_of_In_Home.6.aspx