# Self-Care Protocol

## Purpose

To provide equipment and instruction in proper technique for administration of therapy to patients who are capable and consent to administer their own treatment.

## Scope

Patients who have home therapy prescribed by a physician or who are ordered to go home on respiratory therapy may be candidates for the self-care program. The patient must be capable and willing to perform the prescribed therapy. The Respiratory Therapist will teach the patient how to administer his or her own respiratory treatments. The Respiratory Therapist will monitor the patient's self-care every shift until discharge.

## Audience

Respiratory Care Services respiratory care practitioners, physicians, and nursing personnel.

## Physician's Order

Must specify type of treatment, frequency, duration, medication and dosage. A complete order for self-care must be obtained before institution of the self-care protocol.

## Indications

The patient must be stable, capable, exhibit readiness to learn, be willing to perform the prescribed therapy, and have orders for continued respiratory therapy.

## Equipment

Peak Flow Meter
Spacer
Device for delivering medications:

- Hand held nebulizer
- Metered dose inhaler

PEP device if indicated

Medication as prescribed by physician.

- Unit dose bronchodilator
- Prescribed puffs of metered dose inhaler

## Procedure

| Step | Action |
|---|---|
| 1 | The Respiratory Therapist will assess the patient for ability to understand the purpose of the therapy, learn the correct method of use, and perform self-care. The patient will be instructed using demonstration and the appropriate teaching tools. After determining that the patient is qualified, the RCP will discuss the modality, route and frequency of therapy, and dosage of medications with the physician. |

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## Procedure Continued

| Step | Action |
|---|---|
| 2 | Management of the self-care program:<br>• Check current orders<br>• Wash hands<br>• Check patient's self-care assessment sheet<br>  • Check date and time<br>  • Vital signs (RR, HR, BBS, PF, and breathing comfort)<br>• Notify patient's nurse and place self-care identifier on the patient's door. |
| 3 | Emphasize the importance of maintaining self-care assessment sheet to the patient. Encourage patient to continue prescribed schedule. All patients concerns should be relayed to the nurse in order to notify the RCP. |
| 4 | Staff therapists are to perform patient assessments including the patient self-care assessment sheet in their overall assessment every shift.<br>Discuss any discrepancies between self-assessment and therapist assessment clarifying issues with the patient. |
| 5 | Patient-Family teaching will be documented with the first treatment.<br>The following information is to be charted by Respiratory Care Q Shift on the patient's Respiratory Therapy flow sheet.<br>• Date and time<br>• Medication, dosage and number of doses left each shift<br>• Modality and frequency<br>• Patient Compliance<br>• Patient assessment and concerns<br>• How concerns were resolved |
| 6 | During self-care, if the patient becomes non-compliant:<br>• A staff therapist will discuss any issues contributing to non-compliance with the patient.<br>A staff therapist will relay any and all Concerns to the Respiratory Care Practitioner or Supervisor in an attempt to resolve issues with the patient. |

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## Procedure Continued

| Step | Action |
|---|---|
| 6 Continued | • Evaluation of the patient by the RCP will at this time be discussed with the physician to determine whether or not the patient may return to the self-care program.<br>• The RCP is to document on the flow sheets and in the progress notes issues of non-compliance and their resolutions. |
| 7 | Document on therapist treatment/charge card the time the assessment was done. Follow documentation procedures outlined in 7.1.1 and 7.1.2. |

## Infection Control

Follow procedures outlined in Healthcare Epidemiology Policies and Procedures #2.24; Respiratory Care Services
http://www.utmb.edu/policy/hcepidem/search/02-24.pdf

## Attachment

Self Care Assessment Sheet

## References

AARC Clinical Practice Guidelines; Providing Patient And Caregiver Training. Respiratory Care. 1996, 41(7): 658-653.

O'Donohue WJ Jr. Guidelines For the Use of Nebulizers in the Home and at Domiciliary Sites. Report of a consensus conference. National Association for Medical Direction of Respiratory Care (NAMDRC) Consensus Group. Chest. 1996, 109:814-20.

Rennard SI. Choice of Bronchodilator Therapy in Chronic Obstructive Pulmonary Disease. Respirology. 1997; 2 Supplement 1:S11-5.

Ariyananda PL, Agnew JE, Clarke SW, Iliffe S. Home Nebuliser-Compressors. Br J Hospital Medicine 1995; 54:489-93.