



Mini Review

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Book Review 'Program Penyakit Pulmonari Obstruktif Kronik (COPD)' (Malay Version)



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Written by JurongHealth, JurongHealth's Chronic Obstructive Pulmonary Disease Program (COPD) is the first in Singapore that integrates multiple classes of services for patients across multiple channels such as polyclinics, general medical practitioners (GPs), acute hospitals, community hospitals and home-based hospice care. COPD is a very debilitating illness that is often experienced as a chronic cough and shortness of breath. If not detected and treated early, COPD can affect the quality of life of a person and cause difficulty in walking distant, ascending stairs and participating in daily activities and working. COPD can cause acute or invasive attacks that require someone to be hospitalized and in severe cases, leading to death. With early intervention and better disease management, COPD development can be delayed or even blocked.

Under this program, JurongHealth COPD patients benefit from an integrated and multi-disciplinary approach in managing their medical conditions. A dedicated co-coordinator with a group of doctors, nurses, respiratory technicians, pharmacists, physiotherapists and medical social workers will set up a special care plan for each patient, empower patients towards self-management through education, and monitor patient disease progression and coordinate referrals and patient appointments across the canal. Through close collaboration with patients under the COPD program, JurongHealth hopes to increase the lifetime of COPD patients and improve their quality of life. Individuals with COPD may have difficulty breathing or experiencing cough that does not decrease. The air that passes the air to the lungs will become smaller as a branch of the tree. At the end of each small branch there are many small air bags that look like small balloons. In the body of a healthy person, each airway is open without any restrictions, and this allows every small airbag filled with air, and air can be released quickly. For COPD patients, the opening of the airways is smaller and the inlet air is insufficient

because the airway wall is thickened and swollen, the airway is squeezed by the small muscles around it and the airway produces the slime that comes out when you cough the bag. This small air cannot be left vacant and the lungs feel full. The case manager for the COPD Program can help you understand the problems you are experiencing with your lungs.

About 8 out of every 100 people in Singapore have COPD2. So far, smoking is the main cause of COPD, but it is not the only cause. For a small number of people, the primary cause is genetic propensity or exposure to environmental pollutants. Inflammation of the respiratory system caused by smoking triggers a lot of body processes to damage the airways and weaken the lung tissue. Although smoking is the biggest risk factor for COPD, cigarette smoke can also contribute to the disease. Even if you are not a smoker, you can experience the risk of COPD from inhaling cigarette smoke to your spouse or parents, smokers or smokers who live with you or spend a lot of time together.

Prolonged exposure to toxic fumes and smoke and dust from the industry can increase your risk of getting COPD. The main sources of daily exposure include sulfur dioxide (chemical released from car exhaust), factory smoke and black smoke, which contain particles-like particles (part of air pollution). Cadmium, the chemicals used in some factories, is believed to increase the risk of COPD. In developing countries, one of the main causes of COPD is cooking in a room that does not get air, where smoke from cooking fills the air inside the house. However, air pollution is a small cause of COPD compared to smoking. Bacteria and viruses do not cause COPD, but it can make the symptoms worse. Patients may experience an attack when breathlessness and coughing increase. Such attacks may be due to certain respiratory infections.



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