

Abstract

Chronic obstructive pulmonary disease (COPD) becomes progressively getting worse if patients could not avoid risk factors that enhance the severity of the disease and do not appropriately perform health care behaviors. This would consequently affect patients on physical, psychology and social aspects. Patients may have severe and frequent dyspnea, resulting in and decrease self efficacy to perform physical activities, self-esteem and loss family's and social roles. The Clinical Practice Guideline of Pulmonary Rehabilitation for Patients with Chronic Obstructive Pulmonary Disease is accepted to be a method that could increase the patient's self efficacy to perform activities in daily life. Moreover, It could help the COPD patients to adjust their health behavior and perform appropriate health care behaviors. As a result, the symptoms of dyspnea and the severity of the disease will decrease, and the quality in performing daily living with appropriate self efficacy will be enhanced.

The objective of this study was to develop a clinical nursing practice guideline for pulmonary rehabilitation in the COPD patients by modifying a research utilization model of the Evidence-Based Practice Model (Stetler, 1994.) Relevant researches and empirical evidences were obtained from several well-known databases. Five relevant researches and empirical evidences were categorized and synthesized for developing of clinical nursing practice guideline for pulmonary rehabilitation in the COPD patients

This clinical nursing practice guideline should be implemented in a pilot study to evaluate the processes and outcomes. The next step is to adjust the guideline to be more suitable to any individuals or rehabilitation settings. Furthermore, nurses who are willing to use this clinical nursing practice guideline should be trained to pulmonary rehabilitation program of COPD patients. In the future, the study of the effectiveness of this clinical nursing practice guideline should be conducted for continuous development in order to enhance the caring for the better quality of life for the chronic obstructive pulmonary disease patients.