

# COPD in Calloway County

HEA 356: Health Promotion Programming Photovoice Research Project – Fall Semester 2016  
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## The Problem:

Chronic Obstructive Pulmonary Disease has become a problem in Calloway County because the number of diagnoses continues to rise. Today, 246 out of 443 patients that are 65 and older are diagnosed with COPD (Chronic Obstructive Pulmonary Disease (COPD) Scorecard). Having COPD can affect an individual's everyday life. However, there are many ways to help improve the breathing such as pulmonary rehabilitation, oxygen therapy, surgery, and sometimes even palliative care.

## Research Methodology:

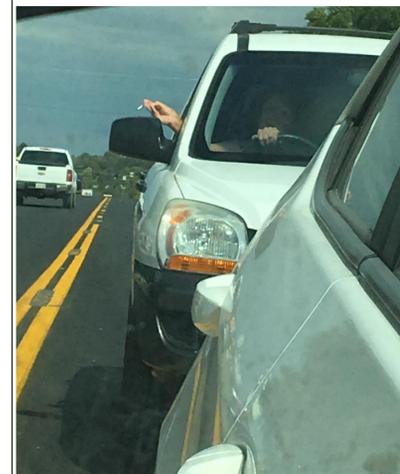
Pictures have been used to examine the community's habits. This method of research is called Photovoice. Photovoice has helped many individuals communicate to higher levels of power to help notice health problems (Kurantani & Lai, 2011). It helps the viewers visualize the issues that are at hand. These photos show details that cannot always be described with in the research.

## Resources Available:

Calloway County Health Department, Murray State University, and Murray-Calloway County Hospital all provide resources to individuals who wish to quit smoking. National Cancer Institute's Smoking Quit Line can be called for assistance at 1-877-44U-QUIT. Murray-Calloway County Hospital, Primary Care Medical Center, and other medical clinics can assist people with COPD.

Merryman House can provide individual counseling or group counseling to provide encouragement to stop smoking and other life choices that may cause COPD (Sanders, 2009). Medications can be provided such as: bronchodilators and inhaled steroids (Sanders, 2009).

## Photovoice Pictures and Descriptions:



(A)

Picture A is a female smoking a cigarette inside her car. She is inhaling large amounts of smoke and exhaling it to her passengers. This is a community barrier because she is exposing the risk of COPD to herself and others.



(B)

Picture B is a copy of the newspaper that was released when President Davies began the process of making Murray State University a tobacco free campus. This is an asset to the community because it is large enough to grab an individual's attention.



(C)

Within picture C, there is heavy construction taking place to make a new educational building. Many labor workers are exposed to a lot of dust and chemicals during their daily shifts. This is a community barrier because it is affecting the workers along with exposing the waste into the air for the community to breathe.

## Conclusions & Recommendations:

Educating the community is the most important action to take when dealing with COPD. Murray State University has attempted to take action to make the campus tobacco free. I was also very shocked at the limited sources there are for people with COPD with such high rates. Living with COPD is very frustrating and life changing. I would recommend for my listeners to end a smoking habit if there is one. Encouraging those around you to come to a stop could save their lives.

## References:

Chronic Obstructive Pulmonary Disease (COPD) Scorecard." *U.S. News*. N.p., 2016. Web. 12 Oct. 2016. COPD Symptoms, Causes and Risk Factors. Retrieved October 10, 2016, from <http://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/symptoms-causes-risk-factors/>

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Sanders, M. (2009). On the Horizon. *Paducah Sun*. Retrieved October 10, 2016.