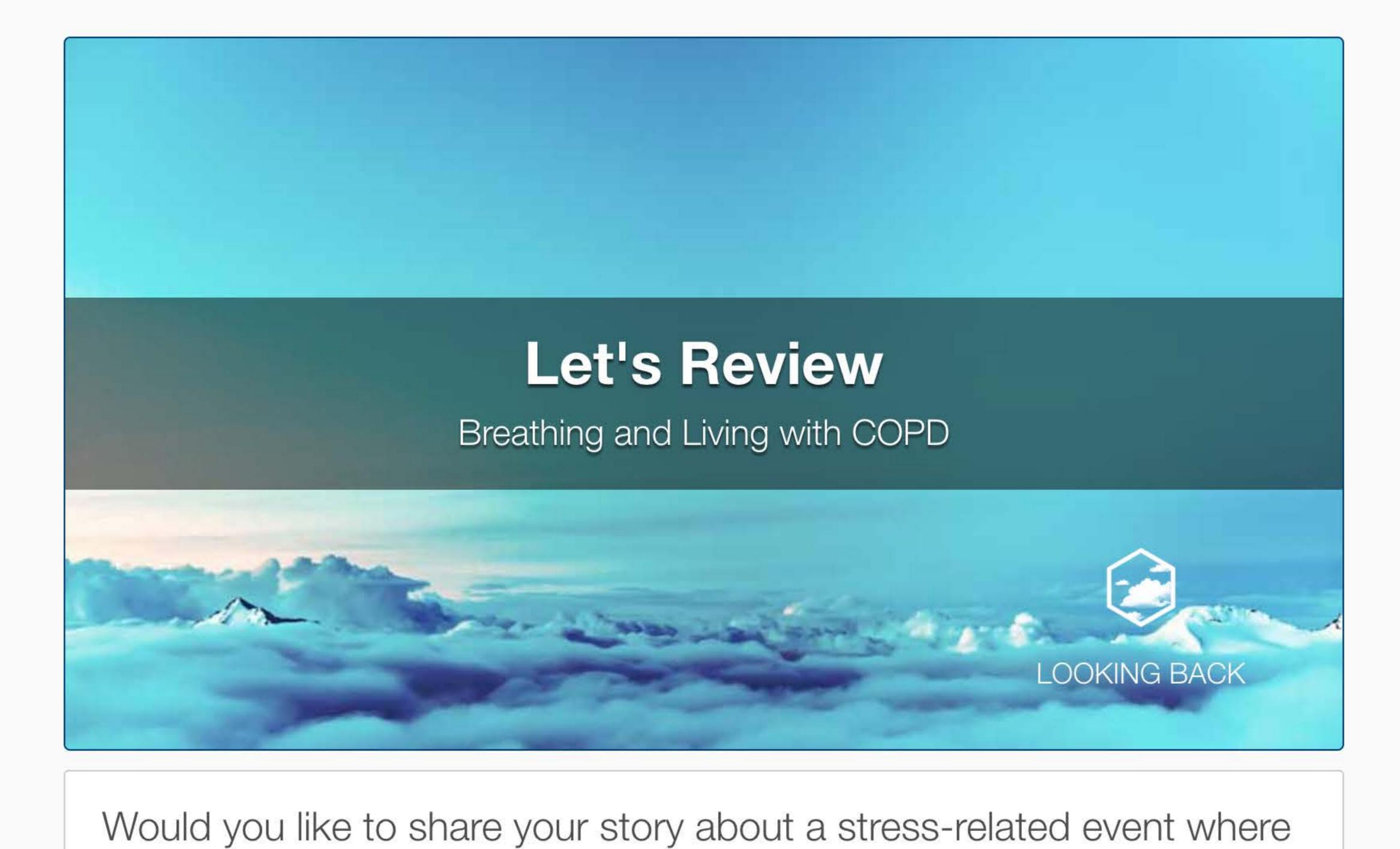


Breathing and Living with COPD: Exit Survey



you found yourself using pursed lips breathing.

No

COPD and stress are two related issues.

COPD and stress are two unrelated issues.

Strongly Disagree Strongly Agree Disagree

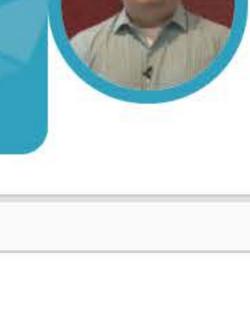
I am comfortable in identifying how stress affects my body. Strongly Agree

- Agree
- I don't know
- Disagree
- Strongly Disagree

That's Ok!

identify stress.

Your expert has some helpful tips for you to apply on how to



The Importance Of Stress Recognition And Management



How confident are you in your communication with your care team?

Not at all Confident Very Confident

How confident are you in your communication with your care team?

Pursed-lips breathing is an effective means to control breathing during activity. Strongly Agree

I Don't Know

Agree

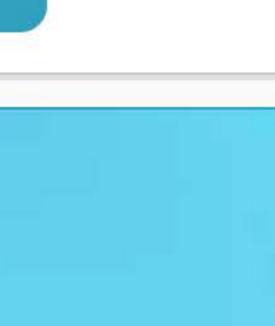
- Disagree
- Strongly Disagree

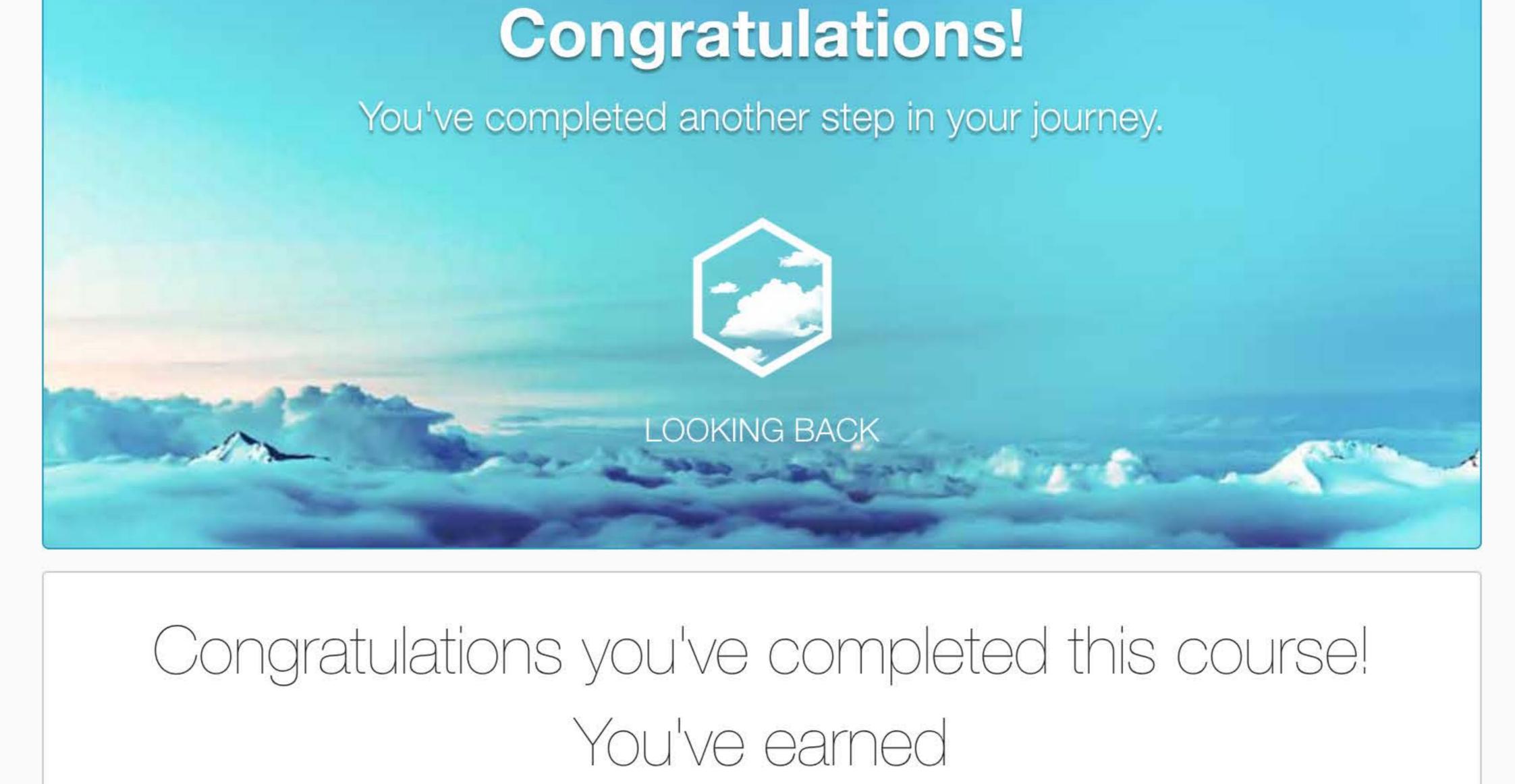
## Pursed-lips breathing is a great tool in helping you manage

Oops Not Exactly.

your breathing. It's easy to do and can help prevent your

breathing from getting worse.

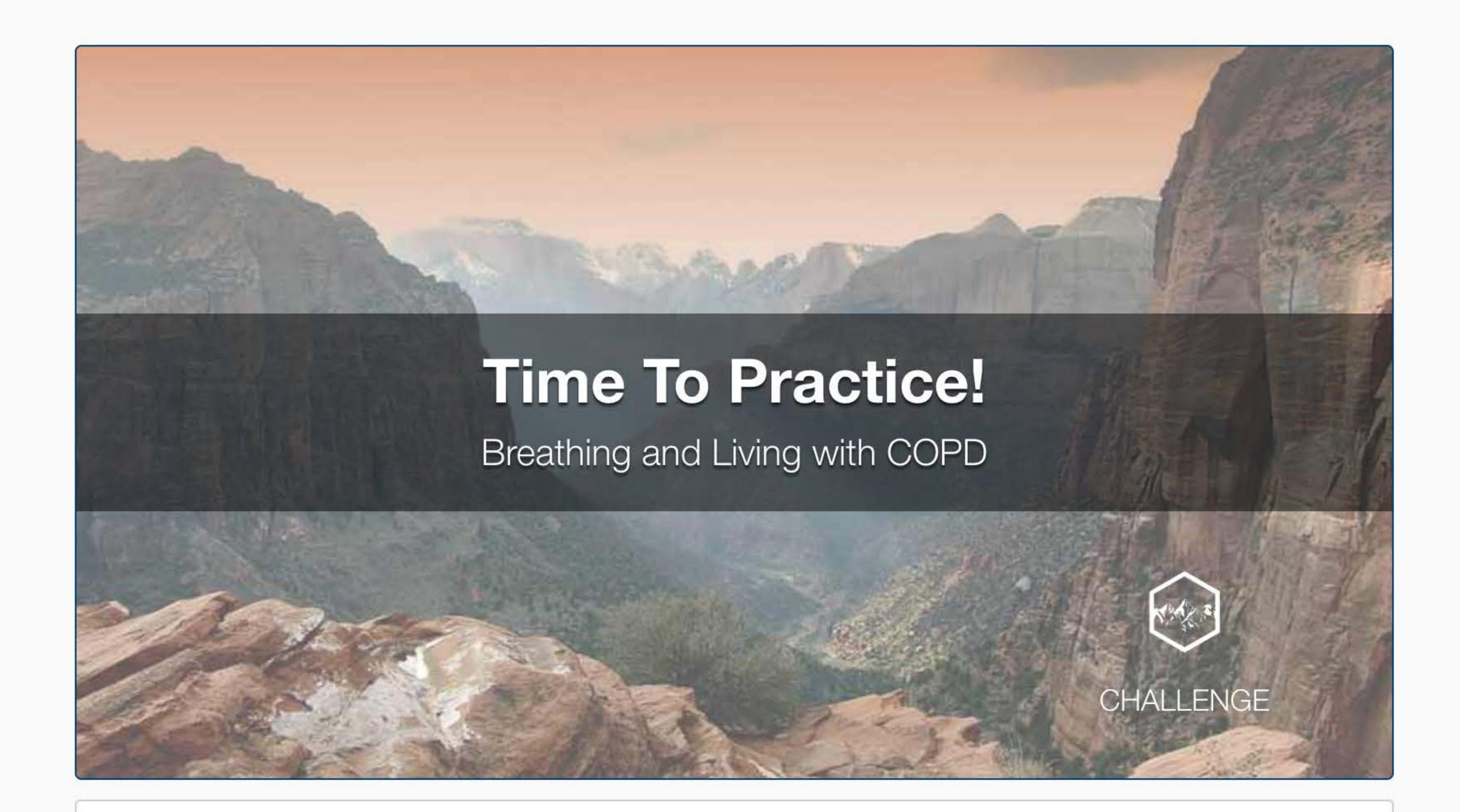




Points

Submit \*

Time To Practice!



## Hi Daniella,

you'll be given the opportunity to see yourself side-by-side as an expert reviews the technique.

It's really important that you master the technique of pursed-lips breathing. In this activity

# learn a little bit more.

Now, let's work with an expert to

to send to your peer coach? Your device will need a camera in order to record.

Would you like to record yourself while practicing breathing exercises

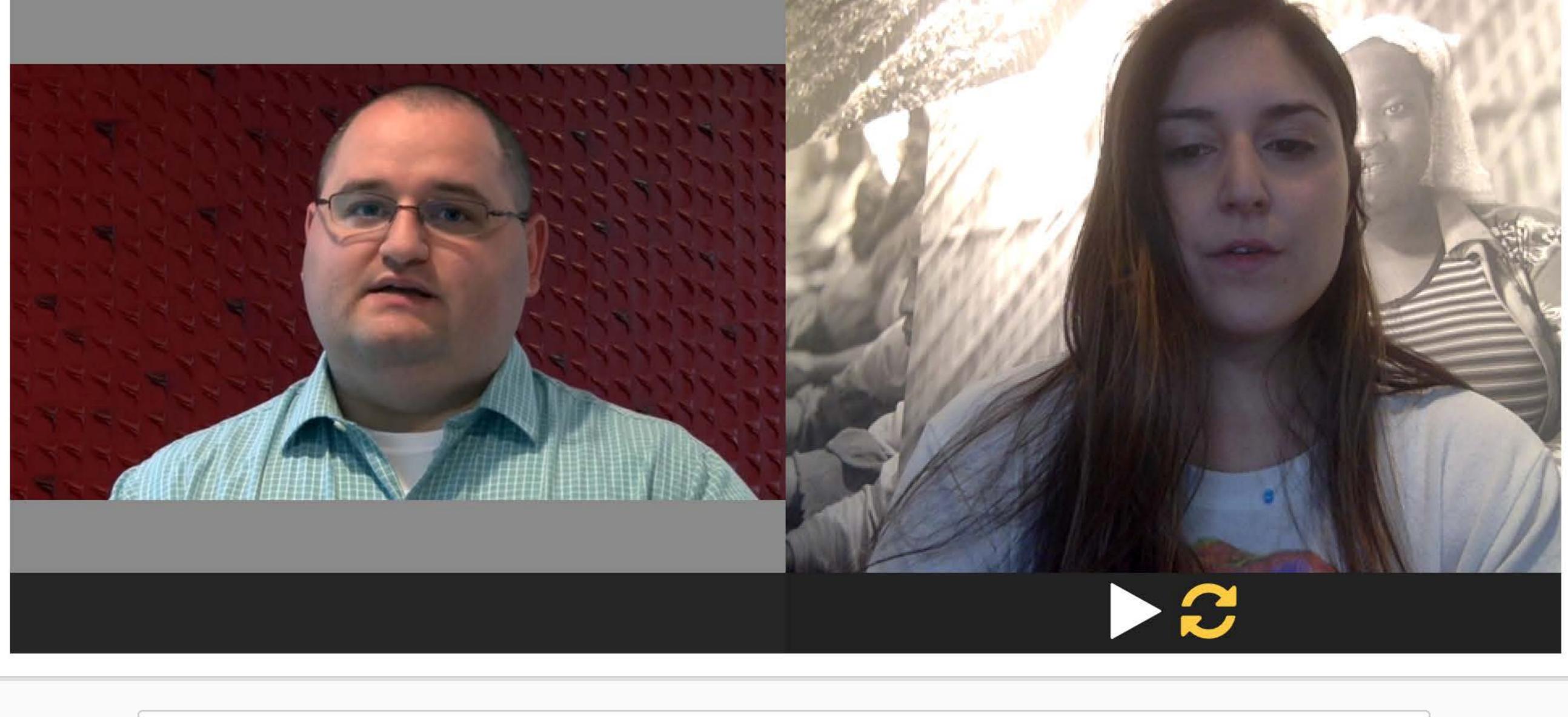


## Jason Moury, Respiratory Therapist

Pursed-Lips Breathing Exercise

1. Select the record button 
to start

- 2. Wait for the countdown and then watch the exercise and follow the instructions
- 3. Select the STOP button. You can play > the video or re-record yourself > 1



This scale is used to measure your level of shortness of breath during activity. Please mark

## 1 - I get short of breath when hurrying on level ground or walking up a slight hill

The mMRC Breathlessness Scale

0 - I only get breathless with strenuous exercise

breath than usual

No

the score that best describes you.

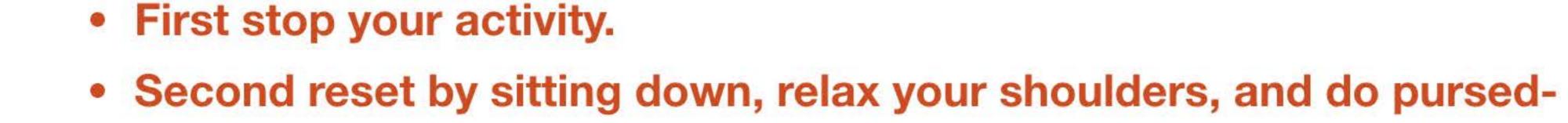
- 2 On level ground, I walk slower than people of the same age because of breathlesness, or have to stop for breath when walking at my own pace
- 3 I stop for breath after walking about 100 yards or after a few minutes on level ground 4 - I am too breathless to leave the house or I am breathless when dressing

Better Breathing Tip: Stop, Reset, Continue

lips breathing until you catch your breath.

Ex. Walking to the mailbox, standing up from my chair....

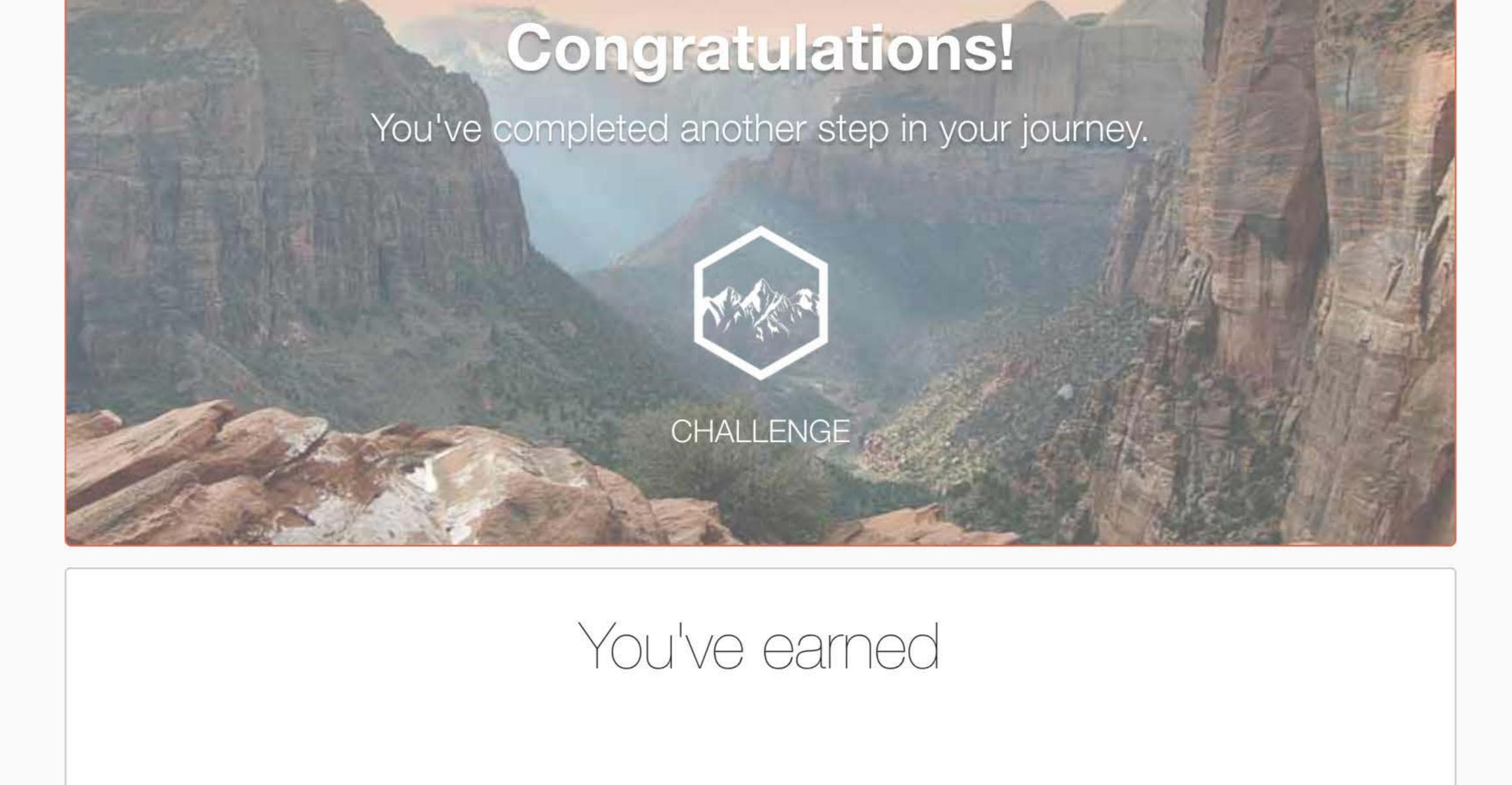
Write below any activities where you felt you were more short of



at a slower pace if you need to.

Third continue activity, doing pursed-lips breathing as you go. Go

Would you like us to send you this practice again next week?

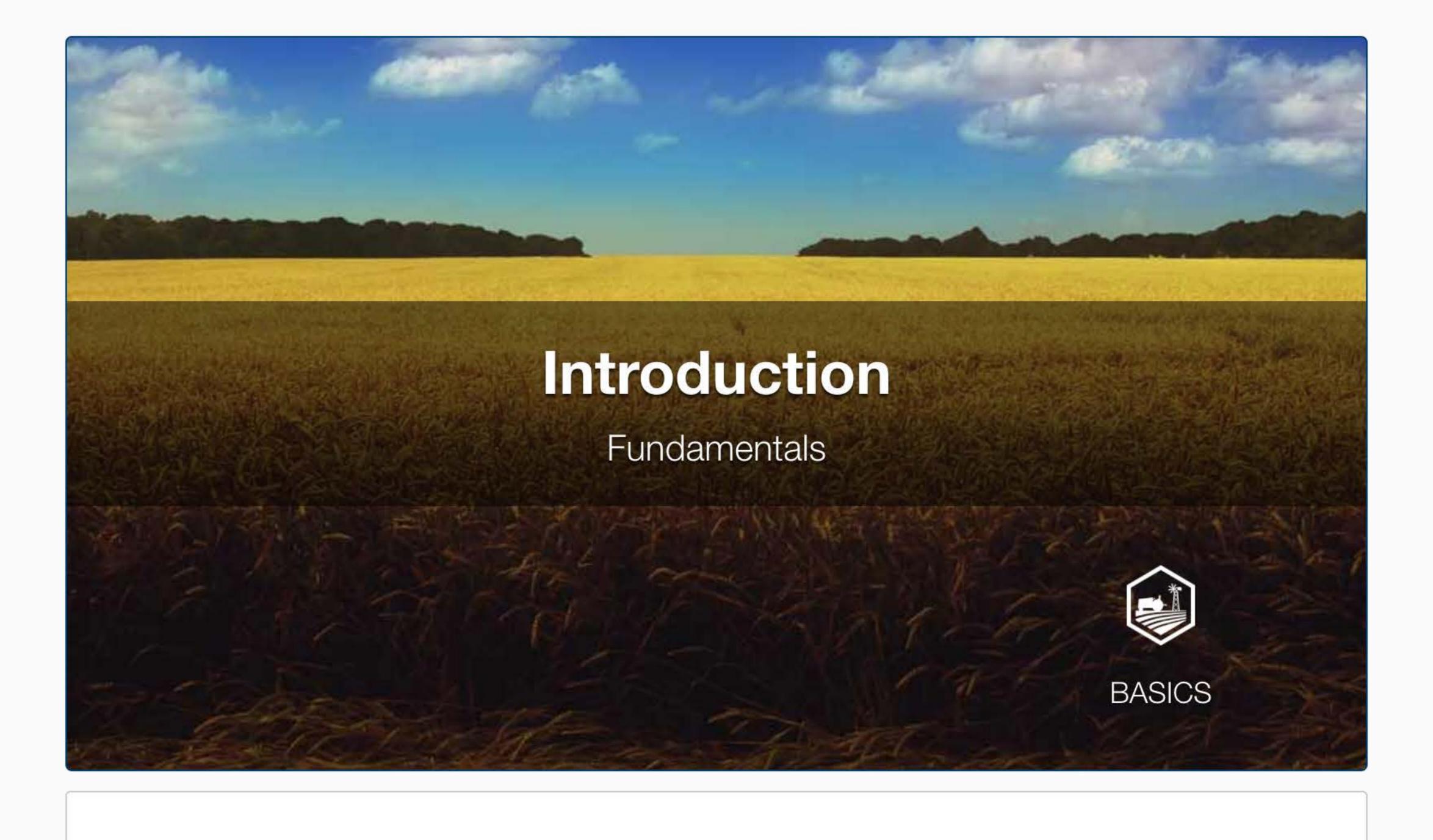


Points

Submit \*



Introduction to Fundamentals



**Course Overview** 



Introduction & Baseline Survey



Chapter 1: Some Basic Healthcare Info After Your Diagnosis



Chapter 2: Lung Pathology



Chapter 3: Exercise Limitations



Overview & Exit Survey

Time to Practice!

A Message From Fred



I Don't Know

How confident are you in understanding COPD?

Not at all Confident

How confident are you in understanding COPD?

Very Confident

Very Confident

How confident are you in listing the symptoms of COPD?

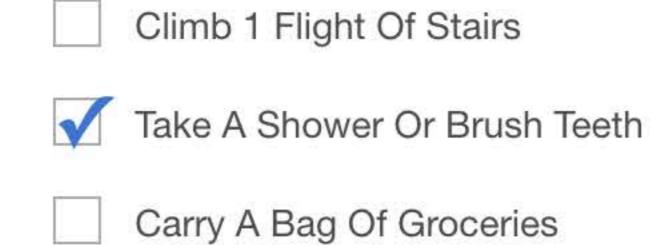
## Not at all Confident

How confident are you in listing the symptoms of COPD?

Somewhat Confident

Due to my exercise limitations I am not able to:

Mark all that apply Walk More Than 500 Feet



bronchiectasis?

(e) Chronic Bronchitis Is An Alveoli Disease, Emphysema Is An Airways Disease With Chronic Infection, Bronchiectasis Is An Airways Disease

What's the difference between chronic bronchitis, emphysema and

Bronchiectasis Is An Alveoli Disease

Chronic Bronchitis Is An Airways Disease, Emphysema Is An Alveoli Disease, Bronchiectasis Is An Airways Disease With Chronic Infection Chronic Bronchitis Is An Airways Disease With Chronic Infection, Emphysema Is An Airways Disease,

Congratulations!

You've completed another step in your journey.

BASICS

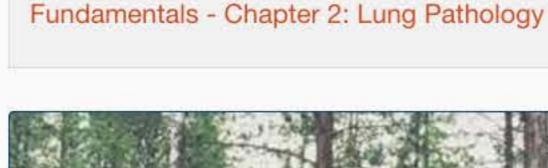
You've earned

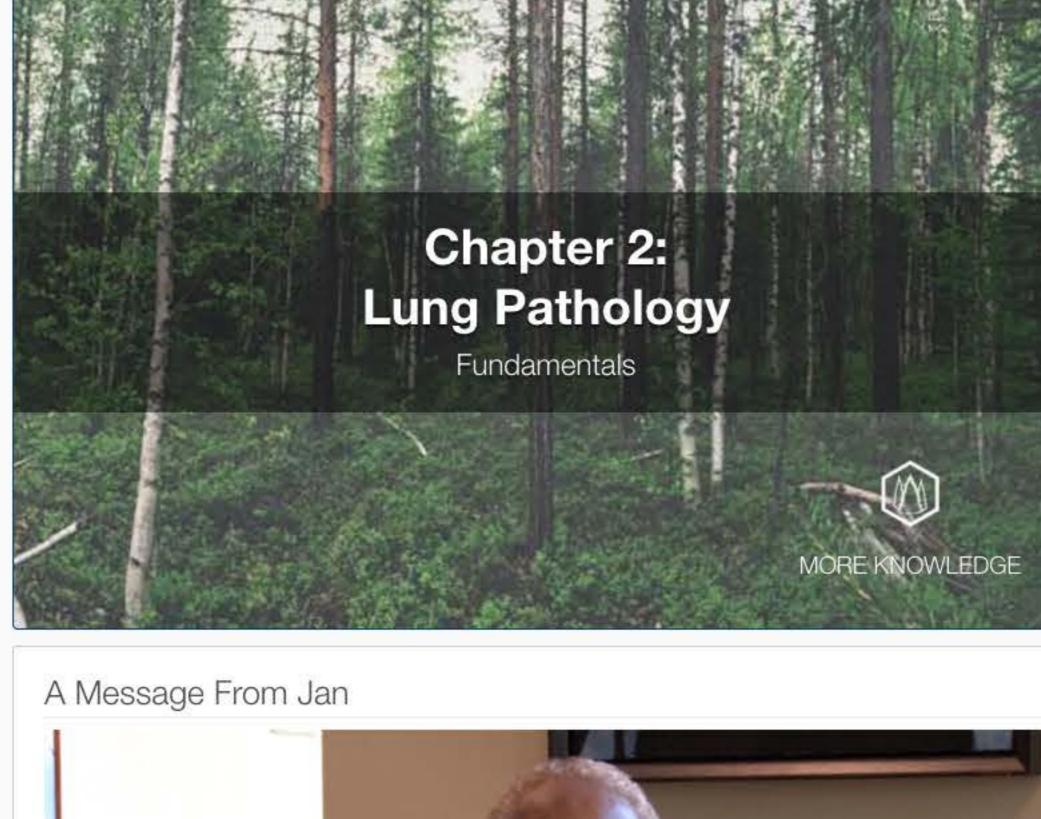
Points

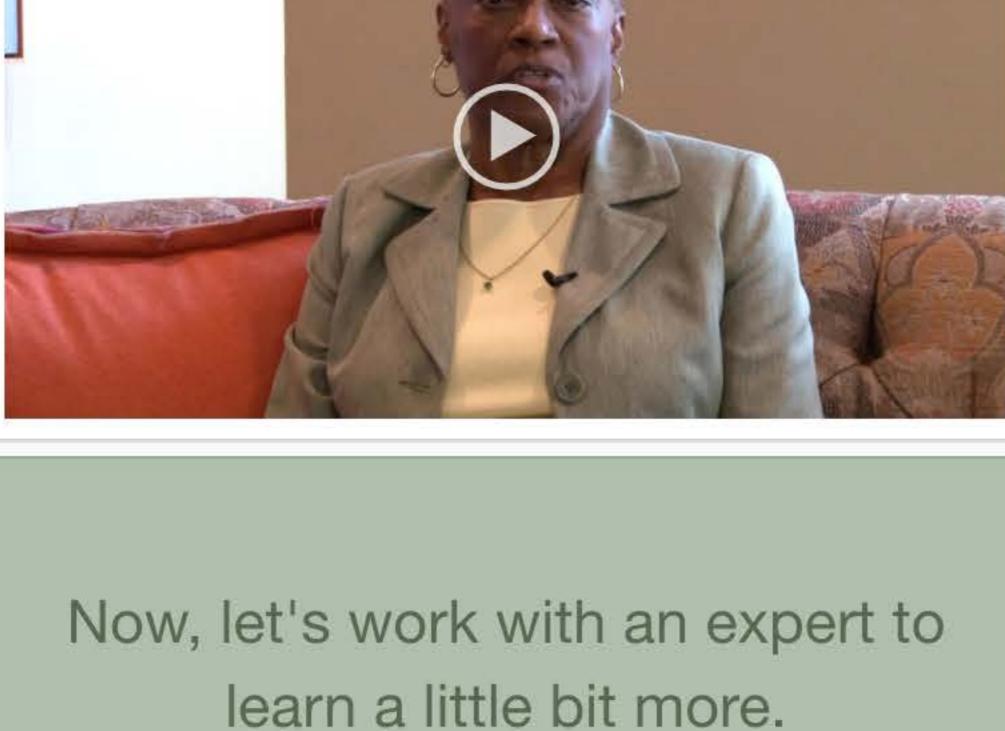
Submit \*

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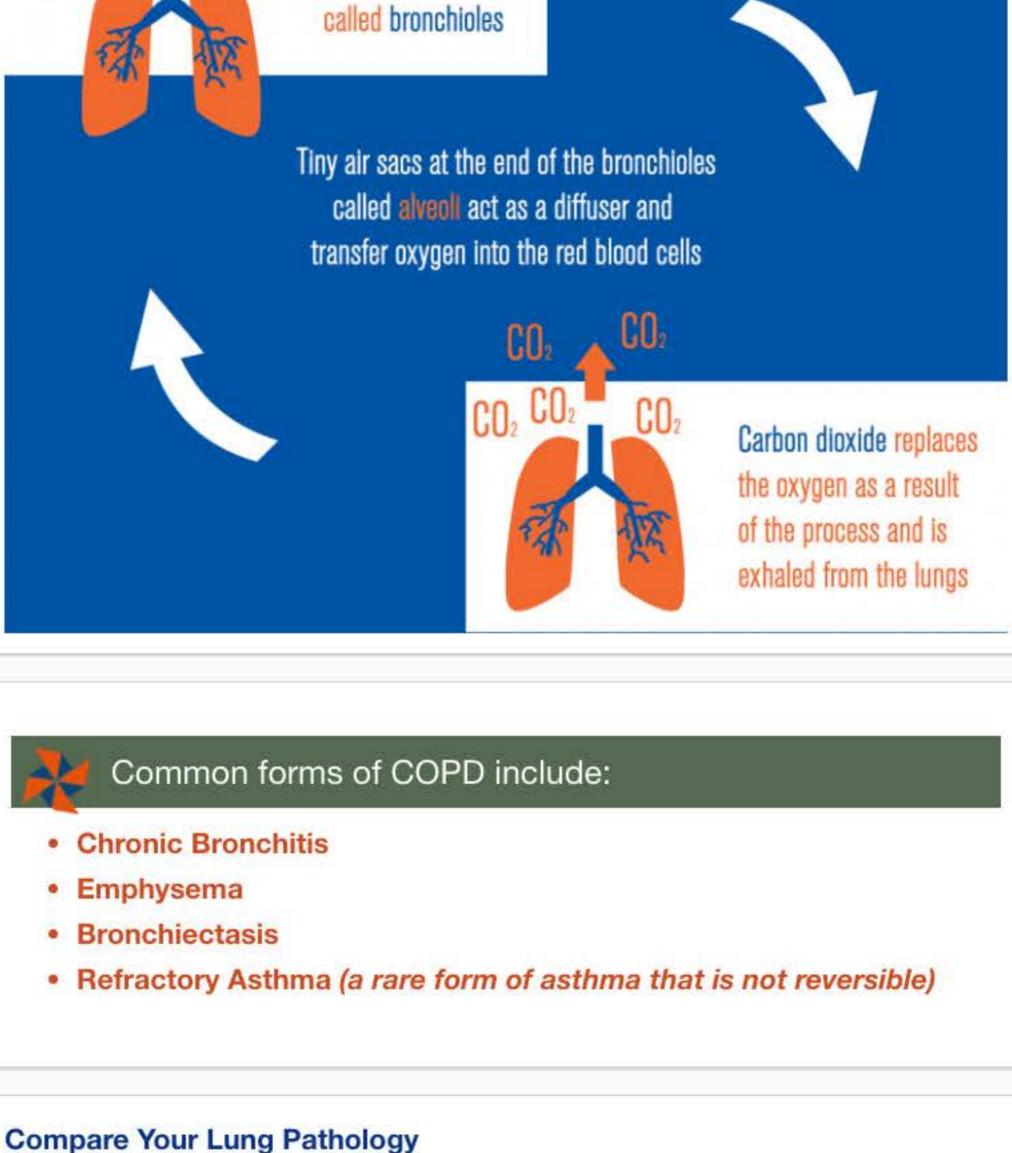


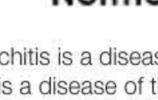


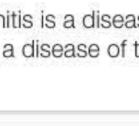
## Scott Cerreta, Respiratory Therapist

Lung Pathology



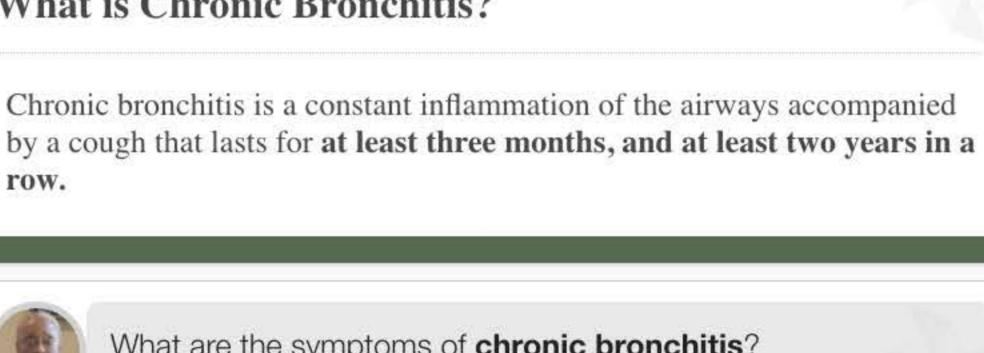






row.





Emphysema

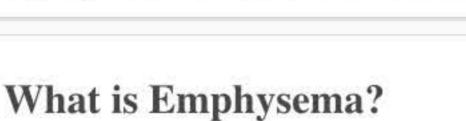
When your cough does not go away.

• If you have mucus production.

And if you have shortness of breath.

Other causes for your cough must have been ruled out (asthma,

post-nasal drip and gastro-esophageal reflux disease).



absorbed into the blood.

dioxide between inhaled air and the blood. In the most severe cases, the amount of carbon Individuals whose airflow obstruction is completely reversible

Emphysema causes a loss of the lungs' elasticity due to damage of the

alveoli. This damage causes the walls in the air sacs to break down and

perform their functions less efficiently. As a result, less oxygen can be

these small structures combine into larger units. These larger air sacs

## Oops, Not Exactly.

Asthma and COPD.

commonly found in COPD.

typically...

Have COPD

Do NOT have COPD

What is Refractory Asthma? Refractory Asthma is an irreversible form of asthma caused by an

abnormal inflammatory response in the lungs that produces symptoms

### asthma have reversible airflow obstruction with increased reactivity or "twitchiness" of the muscles around the bronchial tubes.

Chronic overproduction of mucus

**Symptoms** 

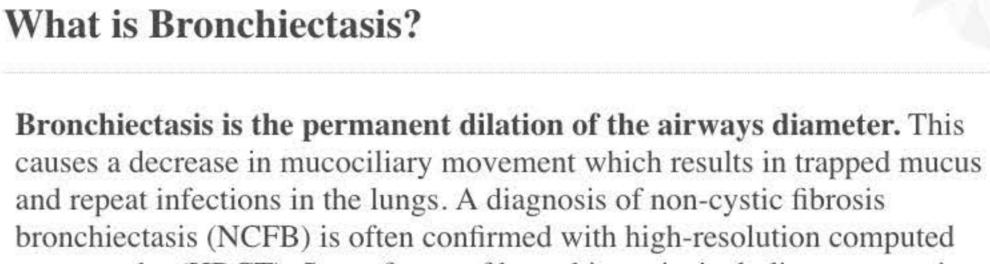
Chronic wheezing

Chronic coughing

Chronic chest tightness

**Elements**  Chronic tightening of the muscles around the bronchial tubes Chronic inflammation of the bronchial tubes

Refractory Asthma Elements and Symptoms:



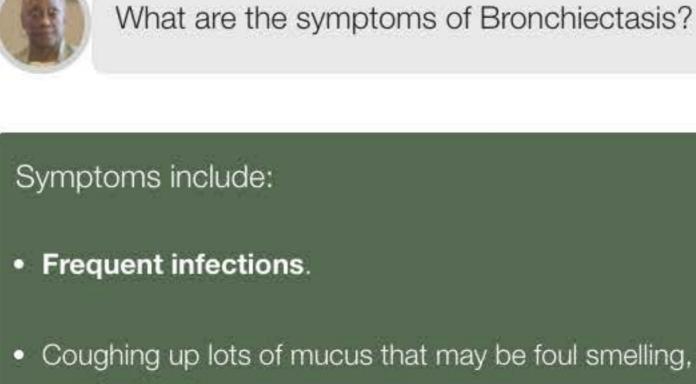
### **Pulmonary Vein Pulmonary Arter**

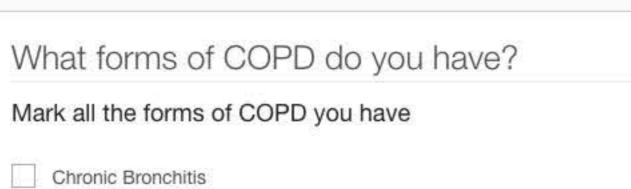
Bronchiectasis

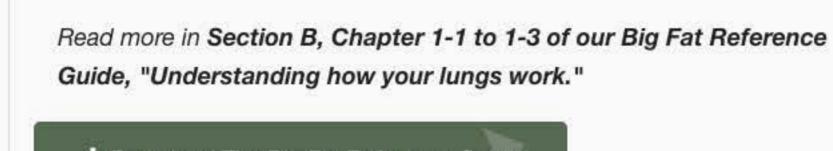
**Lung Tissue** 

Airway Wall

Airway Lumen Lymph Node



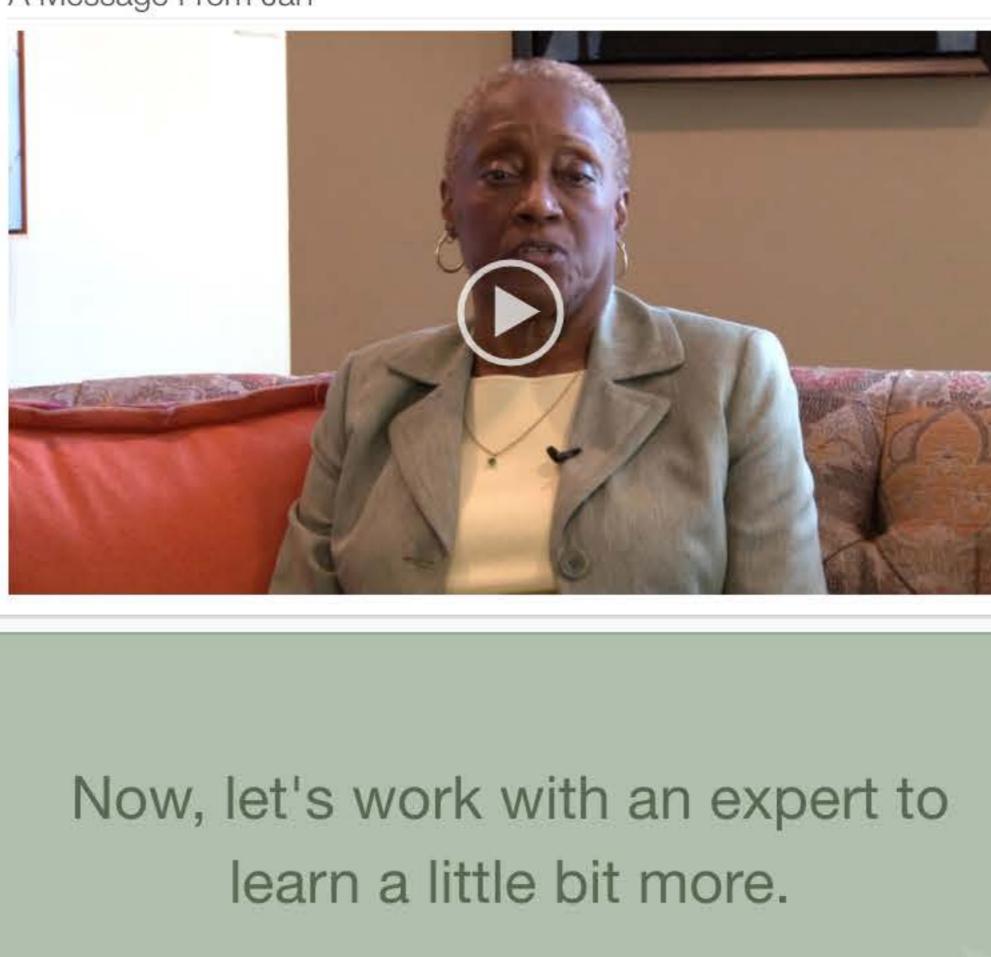




Forage Further

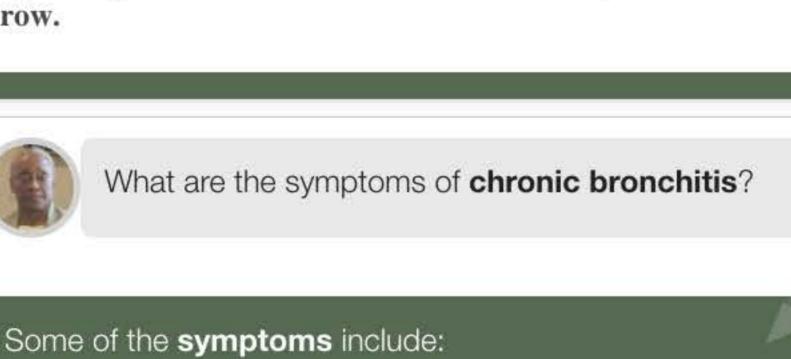
Yes

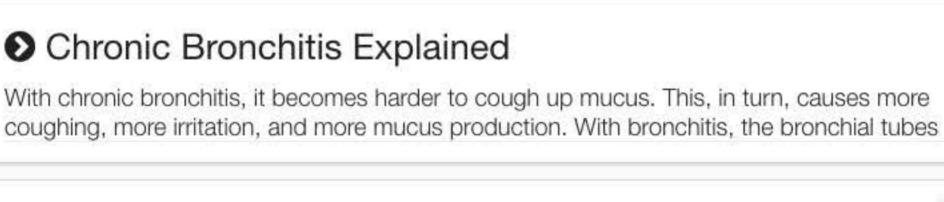
Continue >



## Oxygen enters the lungs and travels through passages







## Emphysema Explained With Emphysema, these large air sacs have a lower ability to exchange oxygen and carbon

In general, COPD does not allow airflow obstruction to reverse, even with medicine, which is the main distinction between

Refractory Asthma Explained Some people with asthma may develop refractory asthma. Over time, inflammation causes physical injury to the lung tissue, resulting in a loss of lung function. The symptoms, while similar

Asthma symptoms are temporary and reversible. People with

Refractory Asthma, however, is not reversible and causes permanent tissue damage. Symptoms of Refractory Asthma are **chronic** and, therefore, it is considered a form of COPD.

How's refractory asthma different than regular asthma?



**Bronchiectasis** 

**Lung Tissue** 

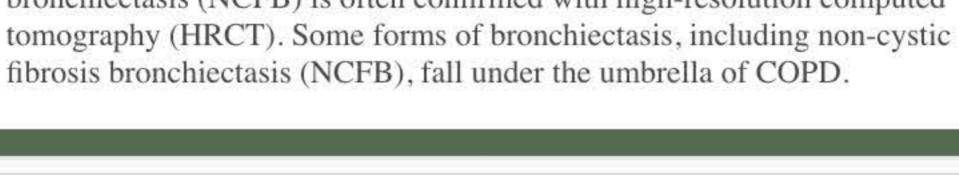
**Pulmonary Vein** 

**Pulmonary Arter** 

Airway Wall with Inflammation

Decreased Airway Lumen Diameter

caused by frequent airway infections, or by a single severe episode of infection such as bronchial

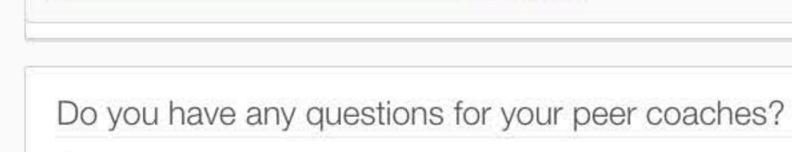


Bronchiectasis Explained Bronchiectasis features enlarged and severely damaged bronchial tubes. Bronchiectasis can be

**Normal Bronchus** 

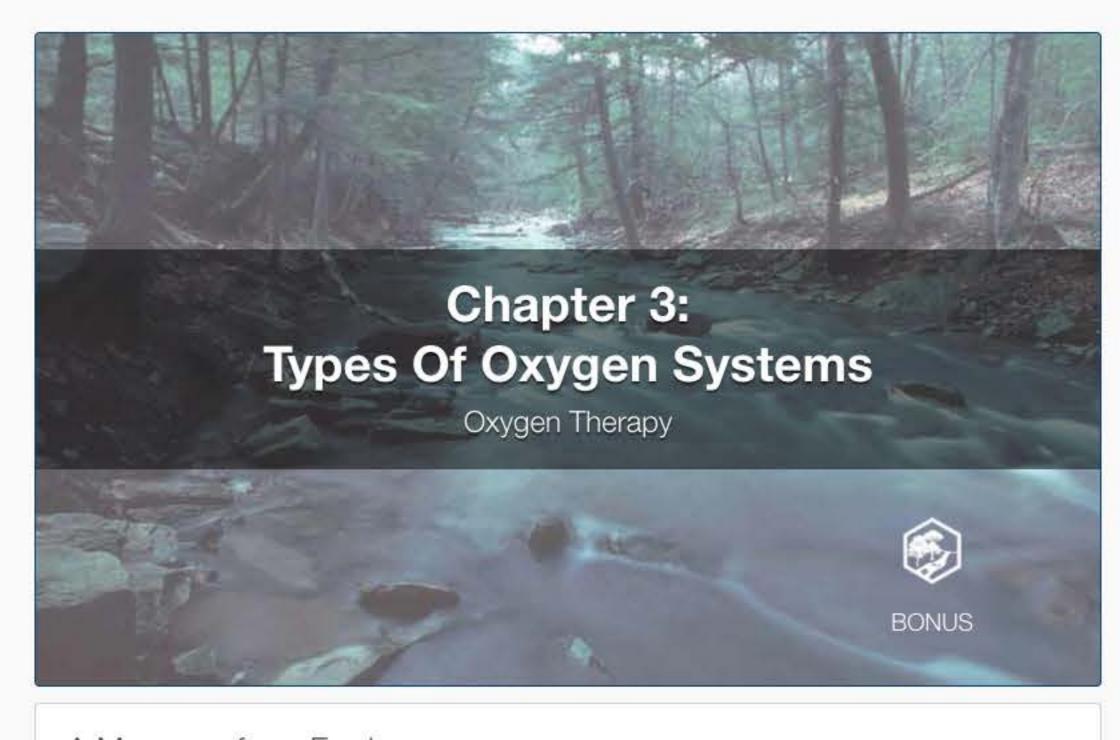
# and/or bloody.

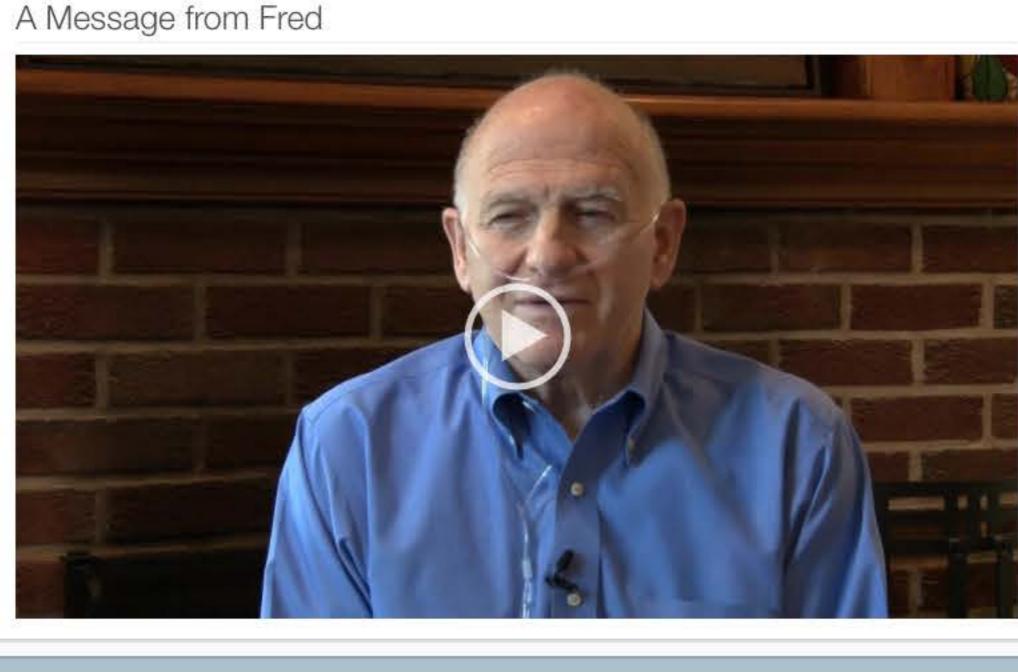




- Emphysema
- Guide, "Understanding how your lungs work." ♣ Download The Big Fat Reference Guide

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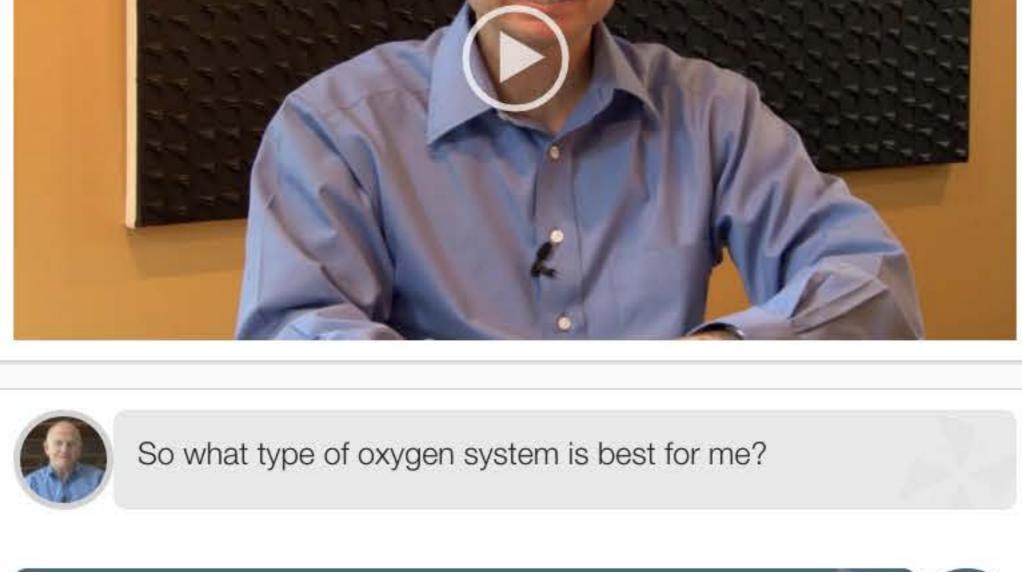


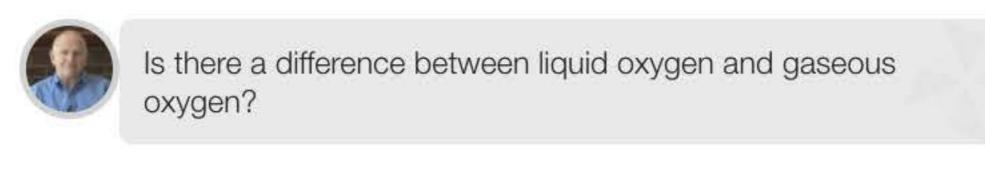


learn a little bit more.

Now, let's work with an expert to







Yes. And, there are pros and cons to each type of system.

There are two types of oxygen systems: stationary and

gaseous oxygen systems and liquid oxygen systems.

portable. You will need one of each type. In addition, there are

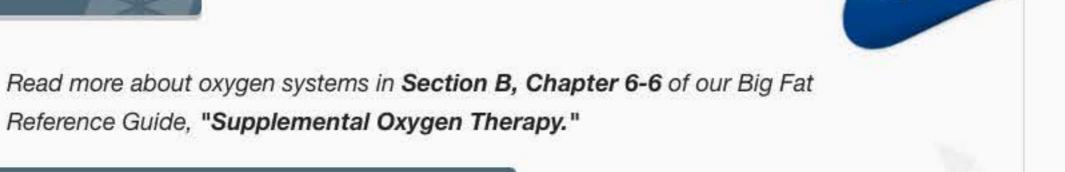
Liquid oxygen is a highly compressed form of oxygen which turns the liquid into a gas. The liquid oxygen and the equipment can be extremely cold. Large reservoirs require frequent refilling in your home. Smaller tanks can be transfilled from the larger reservoir. These smaller tanks allow you to be mobile. Liquid oxygen is recommended for those who need a higher flow.



stationary systems that require electricity and are used in your home. Portable systems contain a small gas cylinder which can be placed into a cart or a backpack enabling you to leave the home.

Gaseous oxygen is less expensive and more commonly used

for most people with COPD. Oxygen concentrators are



♣ Download The Big Fat Reference Guide

Reference Guide, "Supplemental Oxygen Therapy."

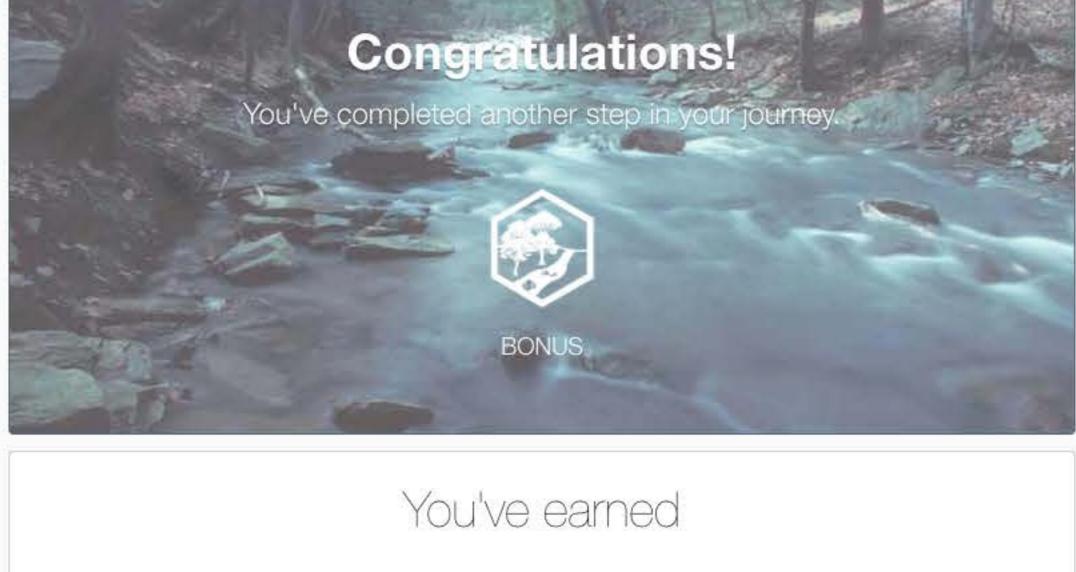
What type of system do you use?

FISH FURTHER

system is important for safe use. Watch the videos below for tips.

Regular maintenance of your oxygen

○ Gas Liquid Neither



Points

Submit \*