

Now, let's work with an expert to
learn a little bit more.





Time To Practice!

Breathing and Living with COPD




CHALLENGE



Better Breathing Tip: Stop, Reset, Continue

- **First stop your activity.**
- **Second reset by sitting down, relax your shoulders, and do pursed-lips breathing until you catch your breath.**
- **Third continue activity, doing pursed-lips breathing as you go. Go at a slower pace if you need to.**



Chapter 2: Improving Communication To Cope With COPD

Breathing and Living With COPD



MORE KNOWLEDGE

Oops Not Exactly.

Develop trust by taking some risks: Friendships are based on trust. We build trust by choosing to share information about ourselves with others. This may mean sharing something that may make them think less of us. To build trust we sometimes have to take risks about what we share.



Congratulations!

You've completed another step in your journey.



MORE KNOWLEDGE

Congratulations!

You've completed another step in your journey.



LOOKING BACK

Congratulations you've completed this course!

You've earned

30

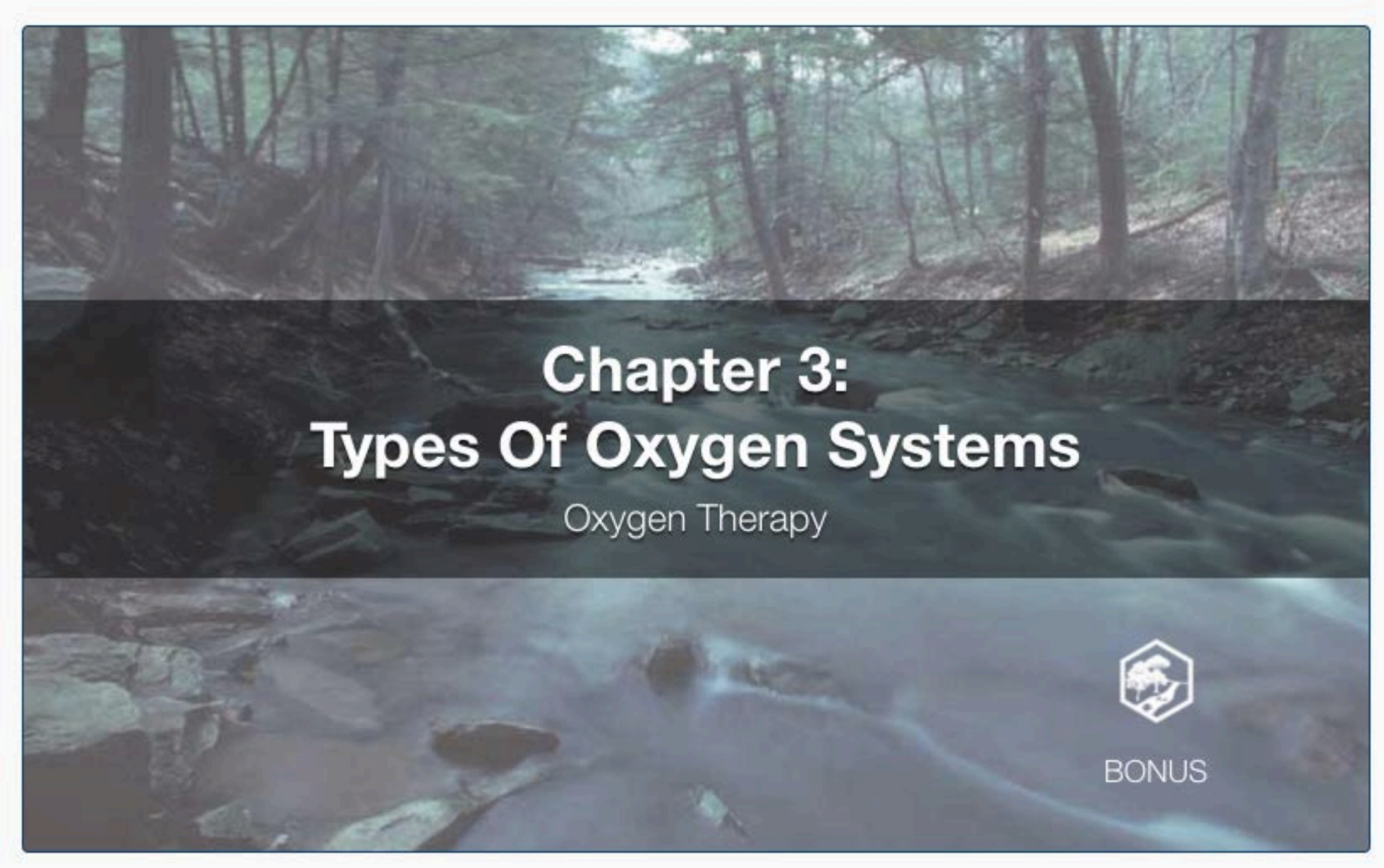
Points



So what else can I do to help me during my exacerbation?

Other things you can do to help you through your exacerbation are coughing techniques to keep your airways clear of mucus and pursed-lips breathing techniques during all activity.





Chapter 3: **Types Of Oxygen Systems**

Oxygen Therapy



BONUS

FISH FURTHER



*Read more about oxygen systems in **Section B, Chapter 6-6** of our Big Fat Reference Guide, "**Supplemental Oxygen Therapy.**"*



Download The Big Fat Reference Guide





Now that I've learned about a living will, what is a Durable Medical Power Of Attorney?



A Durable Medical Power of Attorney is critical. It allows a trusted person to make health care decisions on your behalf.



Hospitals and health care providers do not want to be responsible for making your health care decisions for you. This is true even when a living will has been provided.



What else can the person named in my Durable Medical Power of Attorney decide?



The person named in your Durable Medical Power of Attorney only has the responsibility to make health care decisions on your behalf. This document does not allow this person to make financial or other decisions on your behalf.