



## Pulmonary Rehabilitation Guide

# To Our Patients,

Welcome to Ochsner Pulmonary Rehabilitation. Our program will teach and train you on breathing, medications, oxygen therapy, and other aspects of your daily activity. We offer monitored exercise and education to increase your endurance and physical activities, as well as improve your breathing patterns.

Your rehab classes are scheduled for \_\_\_\_\_

We take your blood pressure and pulse oximeter readings at the beginning of the session. **Please be on time.**

Sessions include education and exercise. You will benefit the most by attending at least 80% of your classes, learning your pulmonary goals, and participating in lectures or support group meetings. When you finish the program, a discharge summary will be given to your doctor.



## Important: Pulmonary Rehab Attendance Policy

**Please arrive at your scheduled appointment time.** Your Pulmonary Rehabilitation sessions are an important part of your care. To help you get the full benefit of the program and keep visits on schedule, you need to arrive on time and complete at least 30 minutes of exercise each session.

### Cancellations

- To cancel an appointment, call Pulmonary Rehabilitation at 504-897-5942. If no one answers, please leave a voicemail.
- **It is your responsibility to keep your appointment.** If you are unable to attend or if you are feeling unwell, please cancel your appointment. This helps protect your safety and the safety of others.



### Feeling unwell?

We do not store or provide any medicines. For the safety of you and others, if you are feeling unwell, please cancel your appointment.

### If you are late

- You are still required to do 30 minutes of exercise.
- Your visit will still end at the scheduled time.
- If you arrive late and do not have time to complete 30 minutes of exercise, you will need to reschedule or cancel your session. This is required to ensure quality care and the timeliness of clinic appointments.

### No-Shows

- If you miss three (3) appointments in a row without notifying us, our team will try to contact you. You must notify our team if you plan to continue participating in the program, or you may be **discharged for non-attendance.**
- If we do not receive notice from you for two (2) weeks, you will be discharged for non-attendance, and your doctor will be notified.

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# What is Pulmonary Rehab?

Pulmonary rehabilitation (rehab) is a program that helps you breathe better and improves your overall health and strength.

The pulmonary rehab program is run by a team of medical professionals who are specially trained to treat people with lung disease. With the team's help, you'll learn about your condition and gain skills to help you manage it.

## Program Features

- **Exercise** to help you increase endurance, strength, and flexibility. You may walk, ride a stationary bike, or do exercises in a chair. You will be taught stretches to do before and after exercise. You may also use weights to build strength. Your heart rate and oxygen levels may be checked during exercise.
- **Education**, including how the lungs work and how your lung problem affects your breathing.
- **Medication and equipment education**, such as how and when to take medications, and how to use oxygen (if prescribed).
- **Breathing techniques** to help you learn to control shortness of breath. These include pursed-lip and diaphragmatic breathing.

## ✓ Pulmonary Rehab Benefits

- **Do more** of the things you enjoy.
- **Improve** your strength, endurance, and independence.
- **Do daily activities**, such as household tasks, with less shortness of breath.
- **Understand your symptoms and medications.** This can mean fewer emergency room visits and less time in the hospital.
- **Learn to relax** and not panic when you feel short of breath.
- **Quit smoking.** Even now this is the most important change you can make for your health.
- **Get answers** to your health care questions.
- **Set and meet realistic goals.**



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# Getting Started

With pulmonary rehab you learn the skills you need to live and breathe better.

To put these skills to good use, you may need to make some changes to your lifestyle. These tips can help make changes go more smoothly.

- **Expect new emotions.**

It's common to resist or feel angry or scared about having to make changes. You're not alone. Share your feelings with the pulmonary rehab team and people close to you.

- **Prepare yourself for slow, steady progress.**

Change doesn't happen overnight. To feel your best, you need to commit yourself to practicing your new skills. Over time you'll be stronger, have more control of shortness of breath, and be able to do more—but only if you keep at it.

- **Get support.**

You don't have to go it alone. Get support from family and friends as you try new things. Tell the people in your life how they can help you reach your goals. Share your ideas and tips for success with other members of your pulmonary rehab group. And don't be embarrassed to ask for help.



## Thinking Ahead

Are there things you can't do now that you'd like to be able to do when your pulmonary rehab program is finished? Check off the statements below that may apply to you. Keep these goals in mind when you hit rough spots.

### I want to:

- Breathe better.
- Understand my lung disease and what I can do to feel better.
- Have energy to enjoy my children and grandchildren.
- Rely less on others.
- Do everyday activities such as walking upstairs with less shortness of breath.
- Be stronger.
- Return to my hobbies and leisure activities.
- Be healthier and more active so I can enjoy my retirement.
- Quit smoking.
- Feel less anxious about my condition.
- Travel and enjoy myself.
- Make fewer visits to the hospital or emergency room.

I also want to: \_\_\_\_\_

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# Choose Your Goals

You are the most important person in managing your COPD.

Talk with your healthcare provider to help you choose the goals you are ready to work on now.

## GOAL 1: Smoking

- I will think of the reasons why I want to quit smoking.
- I will ask my provider out how I can quit smoking and then take the steps to quit.
- If I start smoking again, I will try to quit again.

## GOAL 2: Medicine

- I will take my medicine as directed by my provider.
- I will ask questions when I do not understand my provider's instructions.
- I will learn how to use my inhaler, if prescribed, and have my provider check how I use it at every visit.

## GOAL 3: Provider Visits

- I will keep my provider appointments, even when my breathing is stable.
- I will ask my provider to test my lung function.
- I will ask my provider about getting flu and pneumonia shots.
- I will ask my provider questions when I do not understand something.

## GOAL 4: Exercise and Healthy Lifestyle

- I will learn breathing exercises.
- I will walk for \_\_\_\_\_ minutes, \_\_\_\_\_ days every week, as directed by my provider.
- I will learn how to save energy by pacing myself.
- I will take breaks after activity and get enough sleep.
- I will eat a balanced diet and drink enough fluids.
- I will wash my hands and try to avoid people with colds or flu.

## GOAL 5: Air Pollutants

- I will keep my home free of smoke, fumes, and other irritants.
- I will stay away from smoky places.
- I will stay inside as much as possible when the air quality outside is poor.

## GOAL 6: Help from Others

- I will talk with family and friends about how it feels to have COPD.
- I will join a COPD support group.
- I will let my provider know if I feel moody, blue, or stressed.

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# Living with COPD

Do you struggle with symptoms of COPD? Your symptoms may include:

- Feeling short of breath
- Coughing
- Coughing up mucus
- Changes in the amount and color of your mucus

You may notice that your symptoms may change from day to day.

## Managing Your COPD

In addition to taking your medicine as prescribed, you can take other steps to help manage your COPD. The ideas below may help you – check off the things you will try. Remember, even a few changes may help improve your symptoms.

### INDOORS

#### Smoke

- Ask smokers to smoke outside of your home.
- Avoid fireplace smoke.

#### Mold

- Get your air conditioner inspected regularly for mold and mildew.
- Get humidifiers and air ducts cleaned regularly.

#### Air Purifier

- Consider getting an air purifier system installed in your home.
- If you have air filters, change them regularly.

#### Dust

- Get rid of clutter. Clutter collects dust.
- Wash sheets and pillowcases every week to reduce dust mites.

#### Pet Hair

- Clean floors and carpets regularly. Keep pets off your furniture.

#### Chemicals

- Stay away from paints, varnishes, and cleaning products when possible.

### OUTDOORS

- Poor Air Quality:** Shut windows and stay inside if there is smog or a lot of dust outside.
- Cold Weather:** Stay indoors as much as possible when the weather is cold.

## Recognizing Flare-Ups

Sometimes patients with COPD may have symptoms that are worse than the usual “ups and downs” of good days and bad days. Your healthcare provider may call this a flare-up or an exacerbation. If you have a flare-up, you may need a change in your medicine or more medical treatment.

Work with your provider to develop a COPD Action Plan that helps you plan ahead and helps manage changes in your symptoms.

### STEP 1: Identify Your Everyday Symptoms

People may experience COPD in different ways. Knowing what is usual for you day to day will help you see changes and recognize flare-ups.

Select how you feel on a regular day when you are NOT having a flare-up:

<b>Breathing - Which activities make you feel breathless?</b>
<input type="checkbox"/> Strenuous exercise <input type="checkbox"/> Walking up a slight hill <input type="checkbox"/> Walking at my own pace on level ground <input type="checkbox"/> Walking a short distance or a few minutes on level ground <input type="checkbox"/> Getting dressed or undressed
<b>Mucus: What is the usual color?</b>
<input type="checkbox"/> Clear <input type="checkbox"/> White <input type="checkbox"/> Yellow <input type="checkbox"/> Green <input type="checkbox"/> Other _____
<b>Cough: How often do you cough?</b>
<input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Everyday <input type="checkbox"/> All Day, Everyday



### Did You Know?

You can identify a flare-up by noticing changes in symptoms such as:

- Increased shortness of breath
- Changes in phlegm (mucus) — color and amount
- Increased coughing


## STEP 2: Think About Your Flare-Ups


When managing your COPD, it can be helpful to think about challenges you have experienced during flare-ups. Talk to your provider about how you can manage flare-ups better in the future.



- What were you doing when the flare-up began?
- What symptoms did you notice first?
- What did you do about those symptoms?
- What worked? What didn't work?
- What could you do the next time you have a flare-up?

## STEP 3: Track How You Feel

Talk to your provider about what to do if your everyday symptoms change. Tracking changes in your symptoms can help you recognize when you may need to seek additional care to manage your COPD. Use this chart to track your symptoms

 = My everyday symptoms improved or my symptoms have worsened

 = My symptoms have gotten much worse or have been worse for a long period of time. I need urgent medical care. **(Call 911 or seek medical care immediately.)**

Day			I felt...	I decided to...
1				
2				
3				
4				
5				
6				
7				

## COPD Action Plan

While your COPD will not go away, you may not feel the same symptoms each day. Understanding your typical day with COPD and tracking your symptoms can help you know when you are experiencing flare-ups and need to take action.

Complete this action plan with your healthcare provider to help you know what to do:

Day	My Flare-Up Recommendation	My Emergency
<p><b>1. I feel short of breath:</b></p> <p><input type="checkbox"/> exercising</p> <p><input type="checkbox"/> walking at my own pace</p> <p><input type="checkbox"/> getting dressed</p> <p><input type="checkbox"/> other _____</p>		<p><b>Danger. I will seek emergency care immediately if:</b></p> <p><input type="checkbox"/> I have chest pain</p> <p><input type="checkbox"/> I'm having a hard time catching my breath or talking</p>
<p><b>2. I cough:</b></p> <p><input type="checkbox"/> rarely</p> <p><input type="checkbox"/> sometimes</p> <p><input type="checkbox"/> everyday</p> <p><input type="checkbox"/> all day, everyday</p>		<p><input type="checkbox"/> My symptoms are getting worse even though I am doing what my provider recommended</p> <p><input type="checkbox"/> Other symptoms</p> <p>_____</p> <p>_____</p>
<p><b>3. I cough up mucus that is:</b></p> <p><input type="checkbox"/> clear</p> <p><input type="checkbox"/> white</p> <p><input type="checkbox"/> yellowish</p> <p><input type="checkbox"/> green</p> <p><input type="checkbox"/> other _____</p>		<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><b>4. I cough up (amount of mucus):</b></p> <p><input type="checkbox"/> teaspoon</p> <p><input type="checkbox"/> tablespoon</p> <p><input type="checkbox"/> other _____</p>		<p>I will work with my provider to decide when to call 911, go to the hospital, or call my provider.</p>
<p><b>5. I have other symptoms:</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		

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# Oxygen Management

Supplemental oxygen is prescribed if tests show that the level of oxygen in your blood is too low. If the level stays too low for too long, serious problems can develop in many parts of the body.

Supplemental oxygen helps to relieve your symptoms and prevent future problems by getting more oxygen to the blood.

Depending on your test results, you may need oxygen all the time. Or it may only be needed during certain activities, such as exercise or sleep. When oxygen is prescribed, you'll be referred to a medical equipment company. They will set up the oxygen unit and teach you how to use it.

Oxygen is most often inhaled through a nasal cannula. This is a lightweight tube with two hollow prongs that fit just inside the nose. Prescribed oxygen comes in several forms. You may use more than one type, depending on when you need oxygen.

- **Compressed oxygen** is oxygen gas stored in a tank. Because the oxygen is stored under pressure, these tanks must be handled carefully. Gauges on the tank can be used to adjust the oxygen flow rate. Your doctor will determine what this should be. Small tanks can be carried. Larger tanks are on wheels and can be pulled around the house.
- An **oxygen concentrator** is a machine about the size of a large suitcase. It plugs into an electrical outlet. The machine takes oxygen from the air and concentrates it. It's then delivered to you through plastic tubing. The tubing is long enough so that you can move around the house. When you're using the concentrator, it must be kept somewhere that has a good supply of fresh air (Don't keep it in a confined space, like a closet.) You may be set up on a concentrator if you need oxygen all the time or while you're sleeping.
- **Liquid oxygen** results when oxygen gas is cooled to a very low temperature. It's kept in special containers that maintain this low temperature. When you use liquid oxygen, it's warmed and becomes gas before reaching the cannula. Most tanks come with a portable unit that you can carry or pull on a cart. Some of these weigh only a few pounds. Liquid oxygen units are easy to carry around. If you need oxygen all the time or during activity, this kind of unit can help you stay active.



## What You'll Learn

A therapist from the medical equipment company will explain when to use oxygen and what type to use. You'll be taught how to use and maintain your oxygen equipment.

- You must use the exact rate of oxygen prescribed for each activity. Don't increase or decrease the amount without asking your doctor first.
- Supplemental oxygen is a medication. It's not addictive and causes no side effects when used as directed.

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# Medication Management

Taking your COPD medicine as directed by your healthcare provider is one of the most important things you can do to help manage your COPD.

Not taking your daily maintenance medicine as directed by your provider means:

- Your medicine may not work the way it should.
- It may be harder to breathe.
- You may have symptoms more often, and the symptoms you have may be more severe.

Here are some tips to help you take your COPD medicine properly.

## 1 The key is to create a routine that fits your life:

- Try taking your daily maintenance medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.

## 2 If you often forget to take your medicine:

- Wear a watch. Set an alarm.
- Leave yourself a note on the bathroom mirror.
- Keep your daily maintenance medicine in a place where you will see it every day.

## 3 If you often forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- If your COPD medicine has a dose counter, use it to keep track of the number of doses you have left.
- Make sure you have enough refills to last until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.

Work with your healthcare provider to find ways to take your COPD medicine every day as directed.



## How to Use an Inhaler

An inhaler delivers medicine directly to your lungs. There are many kinds of inhalers. Your healthcare provider will choose the one that is best for you. The pictures below show you how to use a **metered-dose inhaler**.\*



+ Show your healthcare provider how you use your inhaler to make sure you are using it in the right way.

*\*You may need to prime your inhaler before use. To learn about this and how to use and care for your inhaler, always follow the instructions that come with your inhaler. Ask your provider if you have questions. Images © 2013 GlaxoSmithKline.*

## Keeping Track of Your Medicines

Have you ever gone to different pharmacies to get your prescriptions filled? Have you gone to multiple healthcare providers for different conditions? Have you ever been in a hospital or emergency room? **All of these places need to know what medicines you are taking**, because their treatment may depend on their knowledge of your current medicines.

Keeping track of your medicines helps you know when to take the right medicines at the right times, wherever you are:

- At home
- At the pharmacy
- In the emergency room
- At the hospital
- At the regular provider clinic
- If you are out of town and get sick
- At the rehabilitation center
- At the specialist clinic

You can start by putting together a list of the current medicines you are taking. Your medicine list can include:

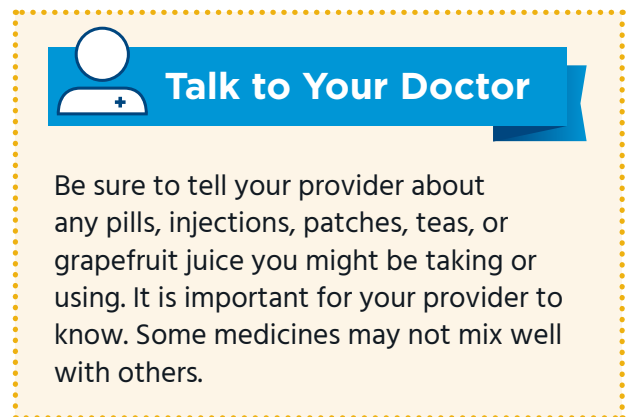
- Prescription medicines
- Vitamins
- Herbs and supplements (like you would get at a vitamin store)
- Nonprescription medicines also called “over-the-counter” drugs. You are able to buy them at the store without a prescription).


You can give your medicine list to your provider if you have to go to a new pharmacy, new healthcare provider, or to the hospital.

Use the instructions on the label of each prescription to create your medicine list. For each prescription medicine, include:

- Name of prescription medicine
- Why you are taking it
- What dose you are taking
- How you are taking it (for example, with or without food, by mouth, by injection)
- When you are supposed to take it

Use the chart on the next pages to help keep track of your current medicines and supplements.



 **Talk to Your Doctor**

Be sure to tell your provider about any pills, injections, patches, teas, or grapefruit juice you might be taking or using. It is important for your provider to know. Some medicines may not mix well with others.





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# Weight Management

Maintaining a healthy weight is important for your overall health. A well-balanced diet with regular exercise can help you reach a healthy weight. Talk to your healthcare provider before starting any weight-loss or exercise program.

## How to maintain your weight

If you are overweight or obese, and not physically active, you and your healthcare provider can use this formula to find your maintenance calorie level:

- If you are female, multiply your weight (in pounds) times 10 calories
- If you are male, multiply your weight (in pounds) times 11 calories
- Multiply this number times 1.3 (the activity and digestion factor for lightly active adults)
- The number you get is the calories needed to maintain your current weight

For example, if you are a female who weighs 200 pounds:

**Step 1:** Multiply  $200 \times 10$  calories = 2,000 calories

**Step 2:** Multiply  $2,000 \times 1.3$  = 2,600 calories

**Results:** Eating approximately 2,600 calories a day will maintain your current weight

## How to lose weight

If you eat 500 fewer calories each day, you may lose up to 1 pound each week. In addition, if you add enough physical activity to burn 300 calories each day, you may lose up to 1 1/2 pounds each week. How does this work?

- One pound of body fat equals about 3,500 calories
- To lose 1 pound of weight in 1 week, cut your calories by 3,500 (500 calories per day x 7 days)
- If you eat 500 fewer calories each day for 7 days, this equals 3,500 calories (1 pound of body fat)
- If you burn 300 calories by exercising each day for 7 days, this equals 2,100 calories (1/2 pound of body fat)
- The combination of diet and exercise will help you meet your goal of losing 1 1/2 pounds of weight in 1 week

## Maintaining a Healthy Weight

Chronic lung disease can affect your weight in two ways

1. Shortness of breath and fatigue can limit your ability to take in enough nutrition, so you can lose weight.
2. Shortness of breath and fatigue can limit your ability to perform physical activity, so you may not burn as many calories as you take in, so you can gain weight.

Weighing yourself regularly helps you monitor your weight. If you gain or lose weight without trying to, you may need to make changes in your diet or your treatment plan.

### Tips for weighing yourself

- Weigh yourself at the same time each morning, after using the toilet and before eating.
- It's most accurate to weigh yourself without clothes. If this isn't possible, wear the same clothes (such as pajamas) each time you weigh yourself.
- Write your weight on a piece of paper that's kept near the scale. This will help you see any changes in your weight over time.
- **Call your doctor if you are steadily losing weight over time (without trying to), or if you gain 3-5 pounds in 1 week.**



### Did You Know?

**Being underweight can limit your energy.** This makes it harder to be active and makes you more prone to infection. And being overweight can increase shortness of breath. So you should try to stay at a healthy weight.



### Weighing Myself

Work with your doctor or a dietitian to establish your goal weight. Then weigh yourself as often as instructed by your doctor or pulmonary rehabilitation team. This may be once a day, once a week, or another time frame.

My Goal Weight	How Often to Weigh?
	<input type="checkbox"/> Daily <input type="checkbox"/> Weekly <input type="checkbox"/> Other _____



## Heart-Healthy Eating with Less Sodium

Sodium is another word for salt. How much salt (sodium) should you have each day? Most adults should eat no more than 1500 mg of sodium a day. Eating less salt may help lower your blood pressure and reduce your risk for heart disease. Use these tips to cut down on how much salt you eat.

Compare food labels and choose the foods with the least amount of salt (sodium)

- Choose low-salt or no-salt options for sauces and seasonings.
- Eat fewer lunch meats and hot dogs, which are high in salt.
- Do not cook with salt.
- Cook with unsalted or low-sodium bouillon cubes.
- Season food with lemon juice, vinegar, herbs, and spices.
- Eat more fruit and vegetables.
- Pick the no-salt version of canned and frozen fruits and vegetables.
- Snack on fruit and raw vegetables instead of chips or salted nuts.
- Taste your food before you add salt.
- Remove the salt shaker from the meal table.

Top sources of sodium in today's foods

- Bread and rolls
- Cheese
- Cold cuts and cured meats
- Meat dishes
- Pasta dishes
- Pizza
- Prepared poultry or pork products (check the label)
- Sandwiches
- Soups
- Snacks



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## Exercising with COPD

Exercise has helped thousands of people with chronic lung disease gain more control over their lives. It can help you, too!

You'll get started in pulmonary rehabilitation (rehab). The pulmonary rehab team will help you set safe, realistic goals. To have lasting results, exercise has to be a lifelong commitment. This means you must keep up with it even after your pulmonary rehab program has ended.

### Assessing your needs

Before you start exercising, the pulmonary rehab team will assess your needs. You will be asked about your health history and symptoms. If you have joint pain or any other health problems, be sure to discuss them with the team. This lets the pulmonary rehab team make sure you are safe and comfortable during exercise.

### How far can you go?

The pulmonary rehab team needs to know how much you can safely do right now. To find out, you may have a 6-minute timed-distance walk test. This is not a race. It involves walking on a flat surface, such as a hallway or short track. The test shows how far you can walk in 6 minutes, and what symptoms occur. A team member will ask about your shortness of breath and if you are in any pain. Your heart rate will be checked, too. During the test, you can stop and rest if you need to. Once you catch your breath, keep going.

### Your oxygen levels

A pulse oximeter is a small instrument that measures the oxygen in your blood. It's attached to a small probe that slips over your finger. The oxygen in your blood will be measured before, during, and after your walk test. This shows if oxygen needs to be prescribed. You may need oxygen during exercise even if you don't use it at other times. If you already use oxygen, you may need a different flow rate during exercise.



## Fitness Facts and Fiction

Here are some facts that may help make your fitness program a success. Talk to your healthcare provider before you begin an exercise program.



**There is only one right way to exercise - FALSE**

You don't have to exercise intensely for long periods of time. Exercising for 10 minutes 3 times during the day works as well as exercising for 30 minutes all at once. Keep your exercise level moderate to vigorous.



**If I exercise, I can eat more and not worry about gaining weight - FALSE**

You have to burn more calories than you eat if you want to lose weight. The best way to lose weight or maintain a good weight is to exercise regularly and eat proper portions of healthy foods.



**I'm already tired. Exercise will make it worse - FALSE**

Exercise may improve your energy level. Do not skip your exercise session because you feel tired. Exercise at a lower level.



**If I do aerobic exercise more vigorously, I can exercise for less time and still get the health benefits - TRUE**

One minute of vigorous aerobic exercise is about the same as 2 minutes of moderate aerobic exercise. When you exercise vigorously, you can't say more than a few words without pausing for a breath. When you exercise at a moderate level, you can talk but not sing. Health benefits result from 2 hours and 30 minutes a week of moderate or 1 hour and 15 minutes a week of vigorous aerobic physical exercise.



**Lifting weights will make me gain weight as I build muscle - FALSE**

You will probably not gain weight unless you eat more calories. Strength training helps you gain muscle and lose body fat. Because muscle is denser than fat, it takes up less room. So you may stay the same weight but lose inches. You may even lose weight as you burn calories.



**If I only have time to exercise a few minutes a day, it's not worth doing it at all - FALSE**

No matter what your age or health, any exercise is better than none at all. Benefits increase the more exercise you do.



**Regular exercise may help me live longer - TRUE**

Regular exercise may help reduce your risk for some chronic diseases, like heart disease, high blood pressure, and diabetes.

## Pursed-Lip Breathing for COPD

COPD can make it hard to breathe. You can feel short of breath. Pursed-lip breathing is a method that may make breathing easier. It may help you feel less short of breath. It helps you slow your breathing and use less energy to breathe.



### How to do pursed-lip breathing

1. Concentrate on relaxing your shoulders and neck muscles.
2. Breathe in (inhale) slowly through your nose as you count to two, taking in a normal breath.
3. Purse your lips as if you are going to whistle or blow out a candle.
4. Breathe out (exhale) slowly through your lips as you count to four or more.
5. Repeat until your breathing slows.

**Do not force air out. Do not hold your breath.**

### When to use pursed-lip breathing

Use pursed-lip breathing when you start to feel short of breath. For example, when you:

- Exercise
- Bend
- Lift things
- Climb stairs
- Feel anxious

You can practice pursed-lip breathing anytime. Try it a few times a day when you are watching TV, working on your computer, or reading a magazine.

Ask your healthcare provider about when to use pursed-lip breathing. If shortness of breath continues or worsens, talk to your provider.



## Shortness of Breath (Dyspnea) Scale

The Dyspnea Scale measures shortness of breath. While you exercise, think about how short of breath you feel. Notice how hard you are working to breathe. Then pick the number and words on the scale that best reflects how you feel at your current level of effort.

For instance, if your shortness of breath is very slight, you're at level 1. If you feel severely short of breath, you're at level 5. If you can't breathe at all, you're at level 10.

Use the Dyspnea Scale to help pace your workout

Unless your health care provider or pulmonary rehab team advises otherwise, try to keep your effort level around 3-5 on the scale. Stop if you notice any of the signs below during exercise.

If you're at the pulmonary rehabilitation facility, tell a team member how you're feeling. If you're exercising on your own, call your pulmonary rehab team or your doctor.



### Stay alert for these signs

- Unusual or increasing shortness of breath
- Chest pain or discomfort
- Burning, tightness, heaviness, or pressure in your chest
- Unusual pain in your shoulders, arm, neck, jaw, or back
- A racing or skipping heartbeat
- Lightheaded, dizzy, or nauseous
- Feeling much more tired than usual
- Unusual joint pain

Dyspnea Scale	
0	Nothing
0.5	Very, very slight shortness of breath
1	Very mild shortness of breath
2	Mild shortness of breath
3	Moderate shortness of breath or breathing difficulty
4	Somewhat severe
5	Strong or hard breathing
6	
7	Severe shortness of breath or very hard breathing
8	
9	Extremely severe
10	So severe, you need to stop

## Fall Prevention Exercises

Certain types of exercises may help make you less likely to fall. Be sure to talk to your health care provider before starting any exercise program.

### Improve balance

Many types of exercise can help improve balance. Tai chi and yoga are good examples. Here's another one to try. You can do it anytime and almost anywhere.

- Stand next to a counter or solid support.
- Push yourself up onto your tiptoes.
- Hold for 5 seconds. If you start to lose your balance, hold on to the counter.
- Rest and repeat 5 times. Work up to holding for 20 to 30 seconds, if you can.



### Start slow & small

Depending on your health, you may need to start slowly. **Don't let that stop you!** Even small amounts of exercise can help.

### Increase flexibility

Being more flexible makes it easier for you to move around safely. Try exercises like the seated hamstring stretch.

- Sit in a chair and put one foot on a stool.
- Straighten your leg and reach with both hands down either side of your leg. Reach as far down your leg as you can.
- Hold for about 20 seconds.
- Go back to the starting position. Then repeat 5 times. Switch legs.

### Build strength

"Resistance" exercises help build strength. You can do them without equipment. Or you can use weights, elastic bands, or special machines. One exercise is called the biceps curl. Hold a 1 pound weight or even a can of soup. Do this exercise at least 3 times a week. Strive for every day.

- Sit up straight in a chair.
- Keep your elbow close to your body and your wrist straight.
- Bend your arm, moving your hand up to your shoulder. Then slowly lower your arm.
- Repeat 5 times. Switch to the other arm.

## Increasing Endurance Exercises

Endurance exercises help condition your muscles. This helps increase what you are able to do. These are aerobic exercises, meaning they help your body use oxygen better. Over time, they'll help you have more energy and less shortness of breath.

### Riding a stationary bicycle

1. Adjust the seat so your knees are only slightly bent when the pedals are at their lowest points.
2. Begin to pedal at a comfortable pace. Do pursed-lip breathing as you pedal.
3. In time, your health care provider or pulmonary rehabilitation team may suggest adding resistance to make your muscles work harder.

### Using a treadmill

1. Make sure you know how the treadmill works before you use it.
2. Start walking at a comfortable pace. Do pursed-lip breathing (see pg. 19) as you walk.
3. As you get stronger, your healthcare provider or pulmonary rehabilitation team may suggest increasing speed or adding elevation.



#### Did You Know?

Regular walking is just as good as using a treadmill. Walk on a level surface. You may want to use a walker with wheels.



## Flexibility Exercises

Increasing your flexibility helps prevent joint stiffness, improves balance and posture, and makes moving easier. When doing these stretches, move slowly and smoothly. Exhale gently through pursed lips during the effort phase of each stretch.

### Head Tilt

1. Sit or stand with your shoulders relaxed. Breathe in.
2. Slowly lower your chin as you blow out. You'll feel a stretch in the back of your neck.
3. While inhaling, return to starting position. Then exhale, slowly moving your head right and left as if you are saying "no."

### Shoulder Rolls

1. Stand with your shoulders relaxed. Put your hands on your hips or keep your arms at your sides (whichever is more comfortable).
2. Breathe in. Slowly breathe out while rolling your shoulders forward. Continue until you're done exhaling, then relax your shoulders.
3. Repeat step 2 while rolling your shoulders backward.

### Calf Stretch

1. Stand facing a wall with your feet side by side. Put your arms out at shoulder level. Rest your hands against the wall with your elbows slightly bent. (Don't push against the wall.) Do pursed-lip breathing throughout this stretch.
2. Step back with your left foot. Gently lower your heel to the floor. Keep your toes pointing forward and your right knee slightly bent. You'll feel the stretch in the back of your left calf (lower leg).
3. Hold the stretch for 15-30 seconds while doing pursed-lip breathing.
4. Return to starting position. Repeat the stretch using your right leg.

### Quadriceps Stretch

1. Stand, holding on to a sturdy chair or counter top for balance. Inhale.
2. While exhaling, reach back and grasp the ankle (or pant leg) that's farthest from the chair. Pull your leg back until your knees line up. Keep your hips facing forward and your bent knee pointed toward the floor. You'll feel the stretch in your thigh.
3. Hold until you finish exhaling. Then inhale while slowly lowering your leg.
4. Repeat the stretch as many times as instructed. Then turn and grasp the chair with your other hand. Repeat the stretch with your other leg.

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# Living Smoke-Free

Almost every part of your body is affected when you smoke tobacco. Quitting smoking is one of the best things you can do for your health and your COPD.

Why is quitting so hard?

- **Nicotine addiction**

Nicotine is the drug in tobacco that causes addiction. At first, nicotine causes you to feel good and may distract you from unpleasant feelings. Why? Smoking nicotine releases “feel-good” signals in the brain. This good feeling does not last long, making you want to smoke again. Over time, your body requires more nicotine to feel the same, which leads you to smoke more.

- **Habit**

Smoking can make you feel good, so you tend to do it over and over. Smoking also gives you something to do with your hands or mouth. As smoking becomes part of your routine, you no longer think about it – it is now a habit.

- **Triggers**

These things that can make you want to smoke—like driving the car, finishing a meth, or being with other smokers. There are many other triggers too. Each person may have a variety of them. What are some of your triggers?



## Did You Know?

- Smoking is the leading cause of COPD.
- Secondhand smoke may make COPD symptoms worse.
- Smoking increases your chances of getting heart disease, having a stroke, and developing lung cancer.

Think about reasons for quitting

If you woke up tomorrow as a nonsmoker, what would you like about that? How would your life be better?

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Make a plan to quit smoking

- Remember your reasons for quitting
- Plan ahead for the triggers that cause you to smoke. Make your home smoke free
- Tell your family, friends, and co-workers you are going to quit and want their support. Ask them not to smoke around you
- Get support by calling **1-800-QUIT-NOW**



## Prepare to Quit

It takes time to stop smoking. The statements below can help you understand why to quit smoking and why now is a good time to quit. Check each statement that is true for you.

### I want to stop because:

- I do not want to have bad breath
- I do not like my smoking habit
- I am worried about my health
- I want to look better
- I do not like the way my clothes smell
- I want to quit smoking for my family
- I want to feel in control
- Other reasons I want to stop:

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### I want to stop NOW because:

- I understand why I want to quit
- My desire to stop smoking is strong
- I am able to manage this life change now
- I am coping with home and work demands
- I feel good and have lots of energy to do this
- I can take some time for myself if I need to deal with withdrawal
- I have a "quit-smoking" support person
- It is also a good time for me to stop because:

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## Countdown to Quitting

The first step in quitting smoking is to decide you want to quit. Remember, the decision to quit is yours alone. Others may want you to quit, but only you can make the commitment to quit.

Once you've made up your mind to quit, it is important to pick a quit date, make a plan, and talk to your healthcare provider. There is no single "right" way to quit smoking.

### My Countdown Plan

<b>FIVE! Why and Who</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Think about why you want to quit.</li><li><input type="checkbox"/> Tell your friends and family you are planning to quit.</li></ul>
<b>FOUR! Where What and When</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Pay attention to when and where you smoke.</li><li><input type="checkbox"/> Think of other things to hold in your hand instead of a cigarette.</li><li><input type="checkbox"/> Think of habits or routines to change.</li></ul>
<b>THREE! Savings and Support</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Think about what you will do with the money you save.</li><li><input type="checkbox"/> Make a list of people you can talk to if you need help.</li></ul>
<b>TWO! Stop-Smoking Aids and Prescribed Medications</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Talk to your healthcare provider about whether using a stop-smoking aid or prescription medicine might be right for you.</li><li><input type="checkbox"/> Buy your stop-smoking aid if you're going to use one, or continue taking any stop-smoking aids your doctor may have prescribed</li></ul>
<b>ONE! Make a Clean Sweep</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Throw away lighters and ashtrays</li><li><input type="checkbox"/> Throw away cigarettes and matches</li><li><input type="checkbox"/> Clean your clothes to get rid of cigarette smell</li></ul>



**On Quit Day, keep very busy and stay away from alcohol. You should tell family and friends that this is your quit day. Also, give yourself a treat, or do something special!**

## Sticking to It

Quitting smoking is hard. Here are seven steps that may help. Put a check mark beside each action that you plan to try, and discuss these steps with your healthcare provider.

- 1. Handle stress without smoking.** If you know about difficult times coming up at work, at school, or in your personal life, create a substitute plan for smoking during these times.
  - Avoid the situation
  - Use a “quit-smoking” aid
  - Talk to a friend
- 2. Drinking alcohol may affect your quit-smoking plan.** Drinking alcohol may be a trigger for smoking.
  - If you drink alcohol, talk to your healthcare provider about your plan to quit smoking.
- 3. Stay away from smokers.** It is harder to quit when you are around smokers.
  - Try not to be near others who smoke.
  - Ask friends, loved ones, and coworkers not to smoke near you.
- 4. Keep substitutes for your cigarettes nearby.** You may feel you need to have something in your mouth when you quit smoking. Try these substitutes.
  - Sugarless candy or gum
  - Bottled water
  - Toothpick
- 5. Change routines that include smoking.** Think about the times you automatically reach for a smoke. Create a plan to do something different.
  - If you drink morning coffee—change your morning routine. Drink tea, or take a shower or a short walk before drinking coffee.
  - When talking on the phone—keep your hands busy by doodling or drawing.
  - After meals—get up from the table right away, brush your teeth, take a walk.
- 6. Do not make weight gain your main focus.** If the thought of gaining weight is keeping you from quitting smoking, think about all of the benefits instead. Use these ideas to help prevent gaining weight.
  - Plan time to exercise 30 minutes a day, 5 times a week.
  - Drink water before and between meals.
  - Chew sugarless gum or eat sugarless candy.
- 7. Deal with cravings to smoke.** Cravings do not last long. They usually pass within a few minutes.
  - Stop what you’re doing and do something else.

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# Emotional Well-Being

It's normal to have good days and bad days. Make sure to take care of yourself emotionally, as well as physically.

You can take steps to feel more in control of your health and your situation. Remember that your healthcare team, family, and friends are here to help. Don't be afraid to share your feelings and ask for support.

## Take control of your independence

Chronic lung disease can affect your independence. This can lead to feelings of anger, frustration, and depression. The following may help you feel more in control.



- **Keep doing the things you enjoy.** When you're planning your day, make sure to include some activities that are just for fun.
- **Stay involved with friends and family.** This may mean inviting people over to your house more often. Talk about your feelings with people close to you.
- **Learn as much as you can about your lung disease.** The more you know, the more control you'll have. Share what you learn with people close to you. Bring loved ones with you to the doctor. And let them know how they can help with treatment.
- **Follow your treatment plan.** Accept that even if you do everything you're supposed to, you'll still have ups and downs.
- **Take an active role in your treatment.** Talk to your health care provider if you have any concerns or questions. New treatments are always being developed. If current treatment isn't meeting your needs, other options may be available.

## Stay intimate with your partner

Even if you use oxygen, having chronic lung disease doesn't mean you have to give up being intimate. Keep the following in mind:

- You and your partner may both feel better if you communicate your feelings and concerns. Don't be afraid to talk to your health care provider, too.
- Sex may feel better if you wait until you're rested. Use positions that require less energy, such as lying on your side or your back.
- Prepare for sex as you would for exercise. Use your inhaler beforehand if one has been prescribed. Clear your lungs of mucus if needed. If you use oxygen, set the flow rate for activity.
- It's okay if you don't feel like having sex. You can show your love in other ways. Try hugging, giving a backrub, or just telling your partner how much you care.

## Coping with Stress

Stress is an individual thing. Stress for one person may not bother someone else. How you cope with stress is also individual.

How do you cope with stress?

When you are stressed, do you react in any of these ways? Check all that apply to you:

- Feel tense, irritable, or angry
- Feel sad or powerless
- Feel fear or anxiety about the future
- Feel emotionally numb
- Lose interest in your usual activities
- Lose your appetite
- Cry
- Have headaches, back pain, or stomach problems
- Have sleep problems or nightmares
- Have difficulty concentrating or making decisions
- Use more alcohol or drugs



### Managing stress

**It's important to learn to manage stress effectively**, because continued stress may lead to health problems.



## Tips to help you cope

- **Take care of yourself.** Exercise regularly, eat a balanced diet, and get enough sleep.
- **Limit caffeine and alcohol use, and avoid smoking and street drugs.**
- **Connect with others.** Surround yourself with people who are important to you.
- **Participate.** Join in social and community activities.
- **Stay positive.** Avoid negative thoughts, like "I can't do that." Remember what you can do.
- **Be realistic.** Try not to expect too much of yourself and others.
- **Do activities you enjoy.** Take time for your interests and hobbies.
- **Learn to relax.** Listen to music, practice guided imagery, yoga, or meditation.
- **Give yourself some breathing room.** Cut back on your obligations when you can. Learn to say "no" when you're too busy.

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# COPD Resources

Learning about COPD can help you understand and manage your condition.

## Online resources

You can use these web sites and resources to help you increase your knowledge, connect with others, and get support for COPD. Talk to your healthcare provider about any questions you have.

### **Ochsner Online Library**

In Ochsner's online library, you can find articles and videos to help you understand your diagnosis, procedure or treatment. These can help you make informed decisions and take an active role in your treatment plan.

- [tinyurl.com/bdfyrf4](http://tinyurl.com/bdfyrf4)

### **American Lung Association**

Offers information and tools for managing COPD, social support, and other resources.

- 1-800-LUNG-USA (800-586-4872)
- [www.lung.org](http://www.lung.org)

### **American Thoracic Society**

Learn more about lung disease and lung health.

- 212-315-8600
- [patients.thoracic.org](http://patients.thoracic.org)

### **Global Initiative for Chronic Obstructive Lung Disease (GOLD)**

Works with healthcare professionals and public health officials around the world to raise awareness of COPD and to improve its prevention and treatment.

- [www.goldcopd.org](http://www.goldcopd.org)

### **Lung Connection Community**

Find a COPD support group hosted by the American Lung Association.

- [connection.lung.org](http://connection.lung.org)

### **National Heart, Lung, and Blood Institute (NHLBI)**

Find helpful information about COPD including what it is, how it is diagnosed, risk factors, treatments, lifestyle changes, and resources.

- 301-592-8573
- [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## Ochsner Medical Library

Ochsner Medical Library is available for patients and their family members. Medical Librarians can help with other resources and finding specific information about COPD.

- 504-842-3760
- [MedicalLibrary@ochsner.org](mailto:MedicalLibrary@ochsner.org)
- [education.ochsner.org/medical-library](http://education.ochsner.org/medical-library)



## MyOchsner

MyOchsner is a secure, online tool that connects you with your physicians, care team, and private health information. On the MyOchsner site, you can:

- access your healthcare information 24/7
- receive lab results
- view lists of your medications
- schedule appointments and receive email reminders
- communicate directly with your doctors and care team
- update your personal and insurance information

Activating your MyOchsner account is easy. Sign-up information is available on your personalized After Visit Summary (AVS). If you don't have an AVS, you can still set up a new account. Just follow these steps:

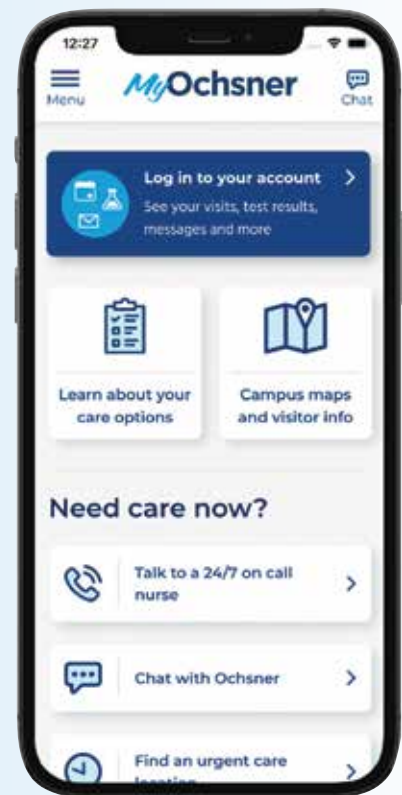
1. Go to [my.ochsner.org](http://my.ochsner.org). Click the "Sign up" icon.
2. If you have an activation code, enter it in the fields below "Sign up with an activation code."

If you do not have an activation code, click the "Sign up with your information" button and fill out the form.

If you have questions, send an email to [myochsner@ochsner.org](mailto:myochsner@ochsner.org) or call toll-free 1-877-339-2637.

*MyOchsner should not be used for urgent medical needs.*

# MyOchsner®



# Exercise Log: Week 1

Use this chart to track your progress. Throughout the week, write down the activities you do every day related to endurance and flexibility.

Day	Endurance	Flexibility	Other
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

## Exercise Log: Week 2

Use this chart to track your progress. Throughout the week, write down the activities you do every day related to endurance and flexibility.

Day	Endurance	Flexibility	Other
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# Exercise Log: Week 3

Use this chart to track your progress. Throughout the week, write down the activities you do every day related to endurance and flexibility.

Day	Endurance	Flexibility	Other
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# Exercise Log: Week 4

Use this chart to track your progress. Throughout the week, write down the activities you do every day related to endurance and flexibility.

Day	Endurance	Flexibility	Other
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# Exercise Log: Week 5

Use this chart to track your progress. Throughout the week, write down the activities you do every day related to endurance and flexibility.

Day	Endurance	Flexibility	Other
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# Exercise Log: Week 6

Use this chart to track your progress. Throughout the week, write down the activities you do every day related to endurance and flexibility.

Day	Endurance	Flexibility	Other
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			







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