



Care for yourself



Obstruction



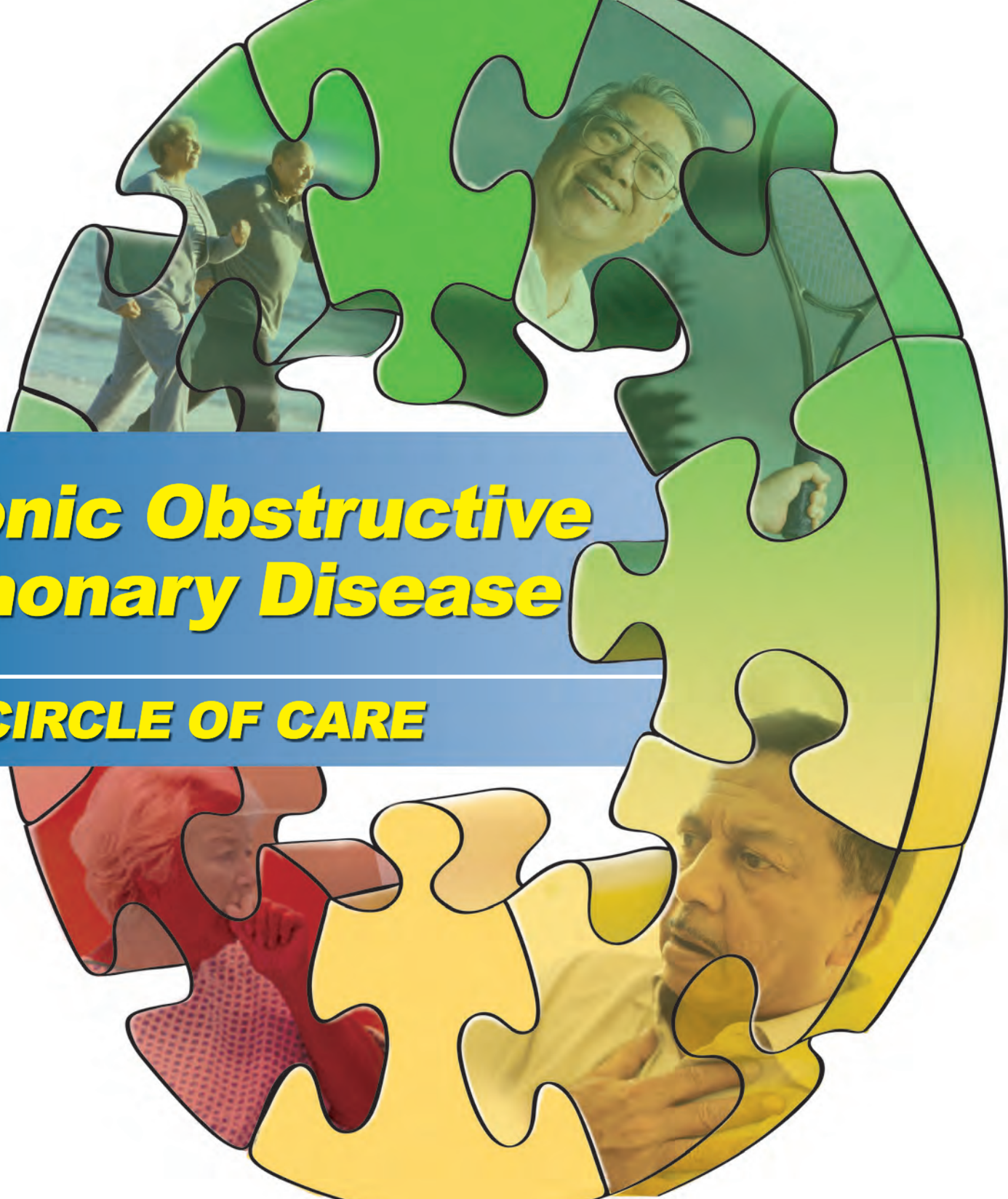
Plan for success



DeVICES

Chronic Obstructive Pulmonary Disease

CIRCLE OF CARE



COPD: Care for Yourself



Take your medication as prescribed*



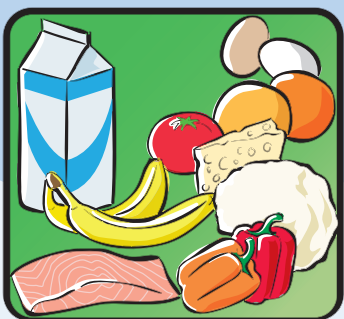
Enjoy exercise

Education is important

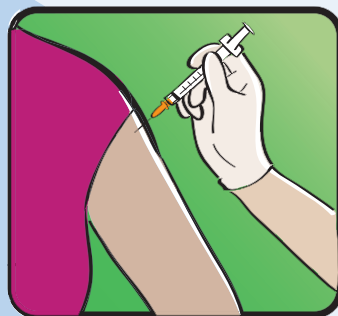
Learn how to take care of yourself



Work with your healthcare and pulmonary rehabilitation teams



Eat healthy



Get your flu and/or pneumonia shot



Avoid infection

Know Your Triggers



Cleaners/perfume



Stress/emotions

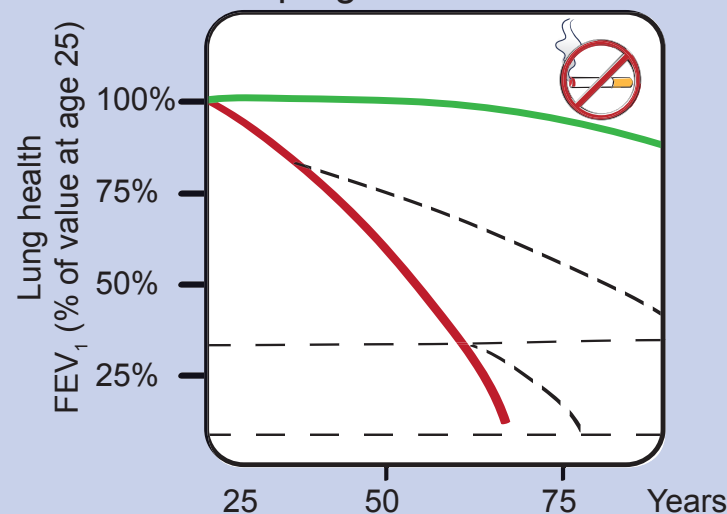


Heat/cold weather changes



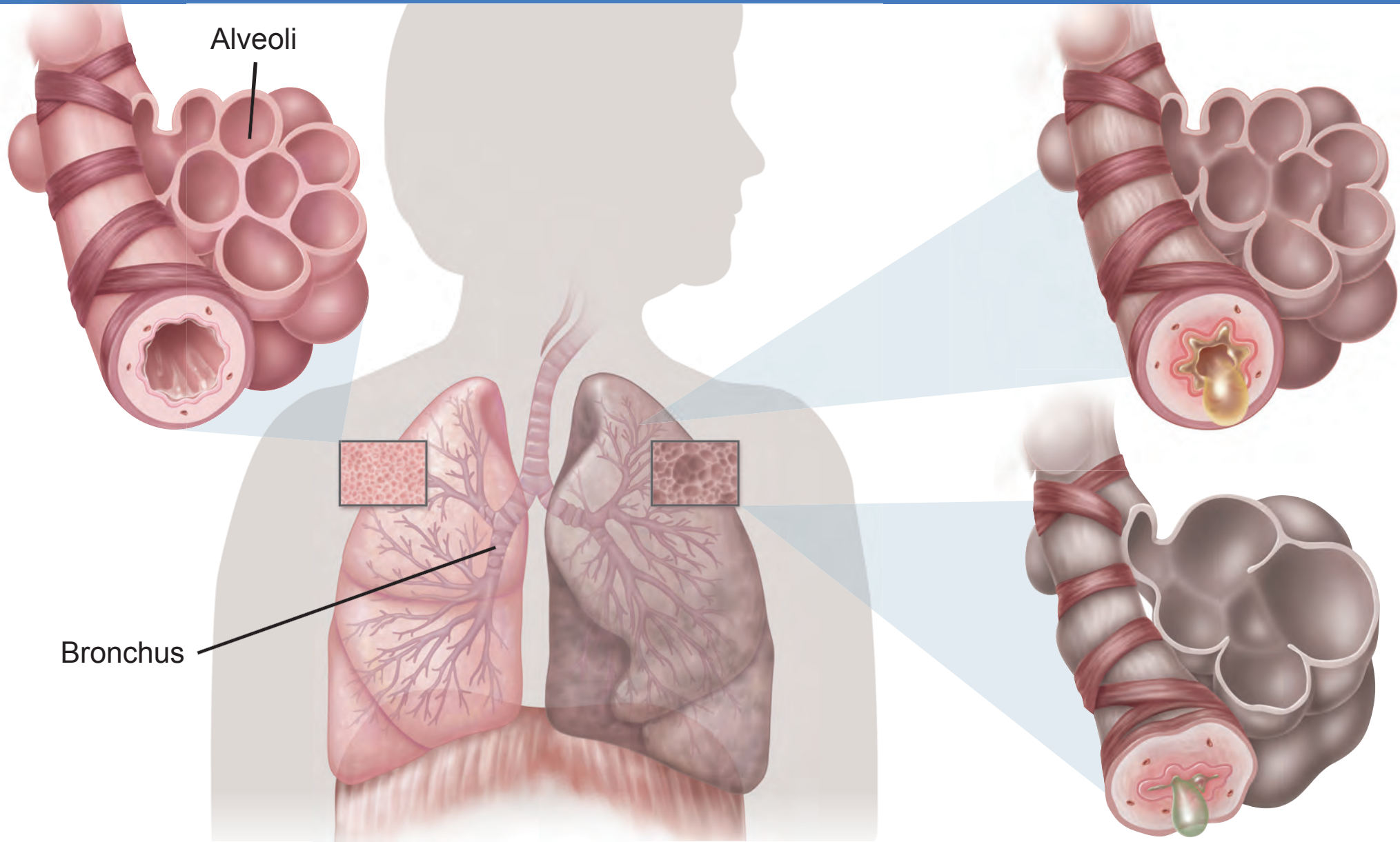
Air pollution

Quitting smoking is the best way to slow the progression of COPD



*Tell your healthcare team when your symptoms are usually at their worst.

COPD: Obstruction



Alveoli

Bronchus

Healthy lung

Progressive COPD

COPD: Prevent and Prepare

Break The Cycle Of Stress

Use Breathing Techniques



1. Close mouth, breathe in slowly



2. Purse lips, breathe out slowly

Shortness of breath, tense

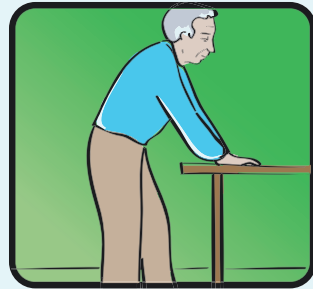
Doing less, more anxious

Anxious, more shortness of breath

Catch Your Breath



Support head and relax



Lean forward and relax



Exercise

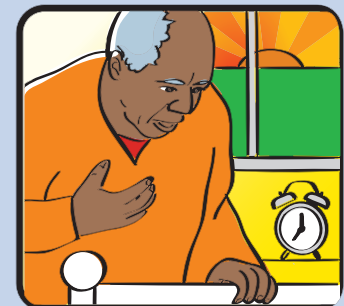


Relax

Know Your Lung Attack Signs & Symptoms*



Coughing/wheezing



Shortness of breath



Increased and/or darker mucus

*Always follow your COPD Action Plan

COPD: Plan for Success

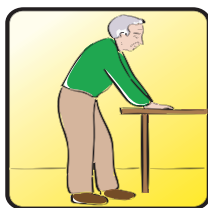
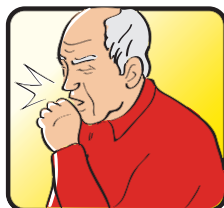
Follow Your COPD Action Plan

I feel well - what should I do?

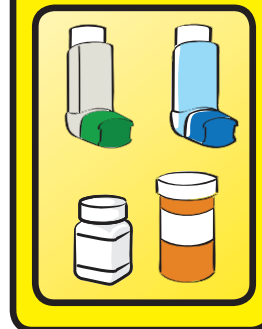
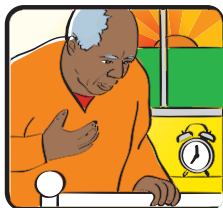


I feel different - what should I do?

I have had the following symptoms for more than 48 hours:



+



I need help - what should I do?



Extremely short of breath, confused, agitated or drowsy, and/or sudden chest pain 48 hours after treatment:

What should I do?

CALL 911



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COPD: Devices and Medications

Please see your medication package insert for more detailed device instructions.

Puffer with spacer

- Remove cap, shake, then insert into spacer.
- Breathe out gently away from puffer.
- Close lips around mouthpiece. Press down on inhaler.
- Slow breaths in and out.

Handihaler®

- Pull lid upwards and lift open mouthpiece.
- Place capsule in chamber.
- Press button and release.
- Slow, deep breath in and hold.

Turbuhaler®

- Unscrew cap.
- Twist, then twist back. (A click will be heard.)
- Breathe out gently away from Turbuhaler.
- Rapid, deep breath in and hold.

Diskus®

- Open cover.
- Slide lever to click.
- Breathe out gently away from Diskus.
- Rapid, deep breath in and hold.

RESCUE	QUICK-ACTING bronchodilators	Ventolin® Diskus® Ventolin® MDI Bricanyl® Turbuhaler® AiroMir™ HFA Inhalation Aerosol Atrovent® HFA Inhalation Aerosol
	LONG-ACTING bronchodilators	Spiriva® Handihaler® Serevent® Diskus®
DAILY	COMBINATION medications	Symbicort® Turbuhaler® Advair® Diskus®
	ORAL medications	Uniphyll® tablets Daxas® tablets
	OTHER treatments	Oxygen

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