

Breathing Management

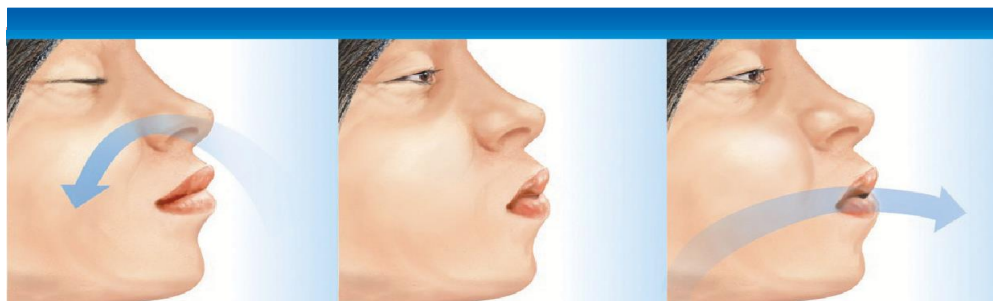


Breathing with Lung Disease

- COPD
 - Obstruction on exhalation
 - Air trapping – especially on exertion
- Asthma
 - Hypersensitivity to triggers
 - Bronchospasm and inflammation, chest tightness and wheeze
- Restrictive Lung Disease
 - Decreased lung volume
 - Quick, shallow breaths

Pursed Lip Breathing

Pursed lip breathing allows you to exhale more air, leaving less trapped air inside your lungs:



1. Inhale slowly through your nose.

2. Purse your lips as you would to whistle.

3. Exhale slowly while keeping your lips pursed.

Your exhalation should never be forced. Breathe in again when you feel it is natural to

Diaphragm Breathing

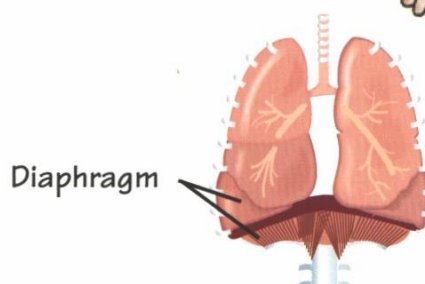
This technique has several benefits:

1. Strengthen your diaphragm
2. Relieve shortness of breath
3. Promote relaxation
4. Aid in mucus removal

- 1** Relax your shoulders.
- 2** Put one hand on your abdomen.
- 3** Inhale and feel your abdomen expand.

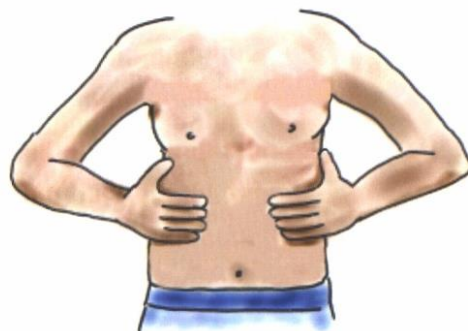


- 4** Contract your abdominal muscles.
- 5** Exhale using pursed-lip technique.



Rib Breathing

- 1 Repeat the steps used in diaphragmatic breathing.
- 2 Put your hands on your ribs instead of your abdomen.
- 3 Feel your chest expand and contract as you breathe.



Breathing on exertion

- Inhale through your nose
- Purse your lips
- Exhale as you bend, lift or reach
- Know your limits
- Take rests
- When walking, try
 - Inhale – step 1, 2
 - Exhale – step 1, 2, 3, 4...

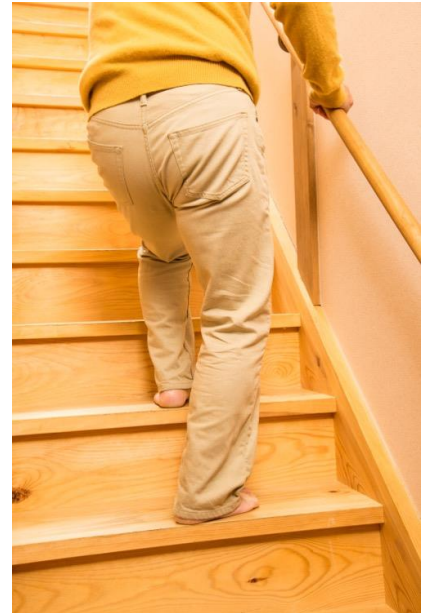


Climbing stairs

1. Pace yourself
2. Use the handrail
3. Focus on your breathing

If you suffer from severe shortness of breath

- Inhale at rest
- Climb one step while exhaling
- Stop to inhale
- Repeat for each step



Climbing stairs

If you are able to climb some steps

- Inhale at rest
- Climb 3-4 steps while exhaling
- Stop to inhale

If you are able to climb at least a flight of stairs

- Inhale at rest
- Climb 3-4 steps while exhaling and 2 steps while inhaling

Body Positions

- Lean slightly forward
- Support your arms when possible



Breathing Management

1. Stop and rest in a comfortable position
2. Stay as calm as possible, relax your shoulders
3. Introduce pursed lip breathing, inhale through your mouth if you must
4. Slow down your breathing, focus on exhaling longer, do not force your breath out

Breathing Management

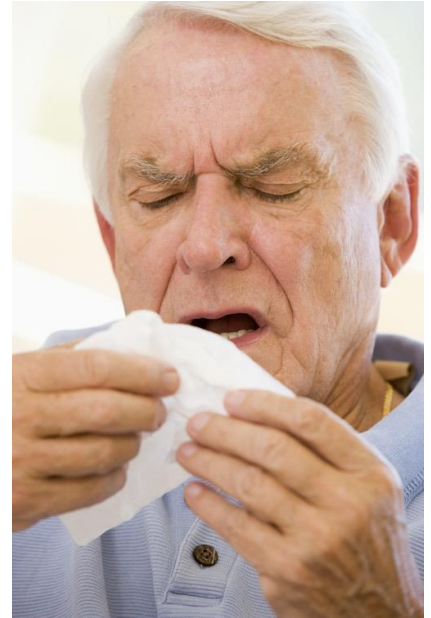
5. Continue to exhale gently through pursed lips and inhale through your nose once possible
6. Continue relaxed breathing for 5 minutes

Coughing Techniques

- Goal
 - To remove sputum from your lungs while using less effort.
- Benefits
 - Prevents infections caused by increased sputum in your lungs and reduces shortness of breath caused by sputum blocking your airways.
- Points to remember
 - Avoid coughing in small fits; it is important to save energy.

Controlled cough

- Sit with your feet flat
- Lean slightly forward
- Inhale deeply through your nose
- Cough 2-3 times
- Spit mucous into a white tissue to observe the color & consistency
- Repeat as needed



Huff technique

- Sit with your feet flat
- Lean slightly forward
- Inhale deeply through your nose
- Exhale in short bursts as if misting a window
- Do not huff forcefully
- Do not huff out fully
- Repeat once or twice



Mucous Removal

- Keep yourself well hydrated
 - Limit caffeine and alcoholic beverages
- Do your breathing and endurance exercises
- Remember – not everyone with lung disease has increased mucous

For large amounts of mucous

- Mucous removal devices are available
- Postural drainage and chest physical therapy

Mucous Removal Devices



Acapella[®]



Aerobika[®]



Flutter Valve[®]



Cornet[®]

Summary

- Be aware of your breathing during activities that make you short of breath
- Practice the breathing technique at home, on exertion and in exercises class
 - Pursed lip breathing
 - Diaphragm breathing
 - Body positions
 - Breathing management techniques
- Keep your lungs clear of mucous

Reflection Activity

What activities cause you to feel short of breath?



1. Observe your breathing during daily activities
2. Try each of the different strategies discussed today to improve control of your breathing