

# Reference Guide for Group Education

## Session 1

### Introduction to “Living Well with COPD” Education Program

- Participants’ Expectations Towards the Program
- Health in COPD
- Healthy Behaviours to Live Well with COPD
- Lung Anatomy and Self-Cleaning Mechanism of the Airways
- Understanding COPD: Main Cause, Definition, Pathophysiology and Symptoms
- Impact of COPD

# INTRODUCTION TO “LIVING WELL WITH COPD” EDUCATION PROGRAM

## SESSION SUMMARY

## Education Plan and Methods

### Session Length: 1 h 30 m

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- **Introduction**
- **Working Phase**
  1. Identification of the participants’ expectations and interests. *Group discussion.*
  2. Health in COPD.
    - 2.1 Assessment of participants’ beliefs and meaning of health. *Group discussion.*
    - 2.2 Concept of Health in COPD. *Interactive lecturing.*
  3. Assessment of healthy behaviours integrated into the participants’ life. *Interactive lecturing.*
- **Suggested break**
  4. Presentation of the lung anatomy and self-cleaning mechanism of the airways. *Interactive lecturing.*
  5. Understanding COPD
    - 5.1 Definition and main cause of COPD (cigarette smoking). *Interactive lecturing.*
    - 5.2 COPD pathophysiology. *Interactive lecturing.*
    - 5.3 Symptoms of COPD. *Interactive lecturing.*
  6. Impact of COPD.
    - 6.1 A testimony on the impact of COPD. *Expert patient testimony.*
    - 6.2 Sharing of experiences: Impact of COPD on the participants’ life. *Group discussion.*
- **Closing of the session**

### Human Resources

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1. Two healthcare professionals (nurses if possible)
2. One physician, if available

# INTRODUCTION TO “LIVING WELL WITH COPD” EDUCATION PROGRAM

## SESSION SUMMARY

### Living Well with COPD™ Resources

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1. Modules:
  - “Maintaining a healthy and fulfilling lifestyle”, p. 5
  - “Managing your breathing and saving your energy”, p. 4-5
  - “Preventing your symptoms and taking your medications”, p. 4-8
2. Posters:
  - Normal Lung
  - COPD
3. Educational flipchart:
  - “Anatomy and Physiology of COPD” section

### Additional Resources

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1. Board/Flipchart

### Environment

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1. Use a quiet and comfortable room for 10 to 15 people. Ensure proper ventilation.
2. Place the chairs in a semi-circle around the board.