

Living Well with COPD™

Chronic Obstructive Pulmonary Disease

A plan of action for life

A Learning Tool for Patients and Their Families

Being Healthy with COPD

- Preventing your symptoms and taking your medications
- Managing your breathing and saving your energy
- Managing your stress and anxiety
- Adopting and maintaining a healthy and fulfilling lifestyle
- Developing and integrating a plan of action into your life

This guide belongs to:

Healthcare professional:

Institution:

The skills you need to manage your COPD

Chronic Obstructive Pulmonary Disease, or COPD, is a disease that can affect every part of your life. The more the disease progresses, the impact can become considerable on your daily activities. The exacerbations of the disease, or periods of symptoms aggravation, are the main cause of hospitalization in people with COPD and can also affect your quality of life. Fortunately, there is a lot that you can do to overcome and prevent these limitations, and improve your well-being. This is why we have created this module on COPD self-management.

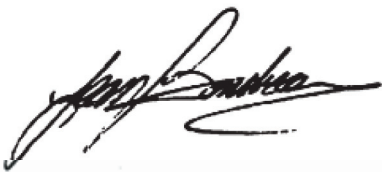
How can this program help me with self-management of the disease?

This module is part of the “Living well with COPD” program. This is an educational program in which you learn skills to manage your disease and adopt healthy new lifestyle behaviours. The “Living well with COPD” program has been tested as part of a research project and the results have been very encouraging. Patients who used this program in collaboration with their health professional, “case manager” or resource person and physician had fewer exacerbations needing hospitalization or emergency room visits. Their quality of life also improved, enabling them to do more of the activities they enjoyed, and better live with their disease.

National and international guidelines agree that patient education and self-management are valuable for people with COPD. The self-management program “Living well with COPD”, that you can adapt to your own situation, has been created by medical experts in collaboration with COPD patients.

This module is your guide. Use it to write down your questions or concerns. Share it with people close to you so that they can understand what you are going through. Discuss whatever thoughts and feelings you have with your case manager, professionals in your healthcare team and your physician.

Best of luck in your program!



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Welcome to the module “Being Healthy with COPD”

Do you think it is possible to be healthy if you have COPD? It certainly is, but you – and your family – may have to make many changes in the way you do things. Some of these changes may be minor. Others, such as exercising regularly, or eating good food, may take a little getting used to. However, by maintaining healthy new habits, you will have a better chance of fulfilling your physical, emotional and social needs.

Living well with COPD means doing more of the things you like, adopting and maintaining healthy life habits and behaviours in order to improve your quality of life.

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