

Living Well **COPD**TM with

Chronic Obstructive Pulmonary Disease

A plan of action for life

A Learning Tool for Patients and Their Families

Integrating an exercise program into your life

- The importance of exercise and physical activity
- Your customized exercise program
- How to maintain your exercise program for life

This guide belongs to:

Healthcare Professional:

Institution:

The skills you need to manage your COPD

COPD is a disease that can seriously affect every part of your life. Simple activities you once took for granted, such as taking a walk or getting dressed, can become major challenges. Flare-ups, or worsening symptoms – the main cause of hospitalization in people with COPD – can further 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 series of workbooks on COPD self-management.

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

This is an educational program in which you learn skills to manage your disease and adopt a new and healthy lifestyle. This series of workbooks is part of the “Living well with COPD” program, based on real-life experiences.

Medical experts and patients with COPD – people just like you – worked together to update this program which you can adapt to your own situation. National¹ and international^{2,3} guidelines agree that patient education and self-management are valuable for people with COPD.

We also tested this educational program as part of a clinical trial. The results are very encouraging. Patients who used these workbooks in collaboration with their healthcare professional, “case manager” or resource person and physician had fewer hospitalizations and fewer emergency room visits. Their overall health also improved, enabling them to do more of the activities they enjoyed, and better cope with their disease.^{4,5}

This 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 or resource person and your physician.

Best of luck in your program!



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Welcome to “Integrating an exercise program into your life” of the learning series “Living Well with COPD”

In order to live well with COPD, it is important to remain physically active and to integrate an exercise program into your regular activities.

This module will teach you:

- the importance of exercise
- when, where and how to exercise
- to recognize your limits
- the elements of your customized exercise program
- how to maintain your exercise program over the long term

This module is your guide to help you start and maintain your exercise program. Your program will be carried out under the supervision of a healthcare professional, and often within the context of a pulmonary rehabilitation program. This healthcare professional will become your resource person for your exercise program and its long-term maintenance. Show this module to a family member and use it to write down any questions or concerns you may have. Share your thoughts and feelings with your resource person at the health centre. **This is an important part of your plan of action for life.**