

Living Well with COPD™

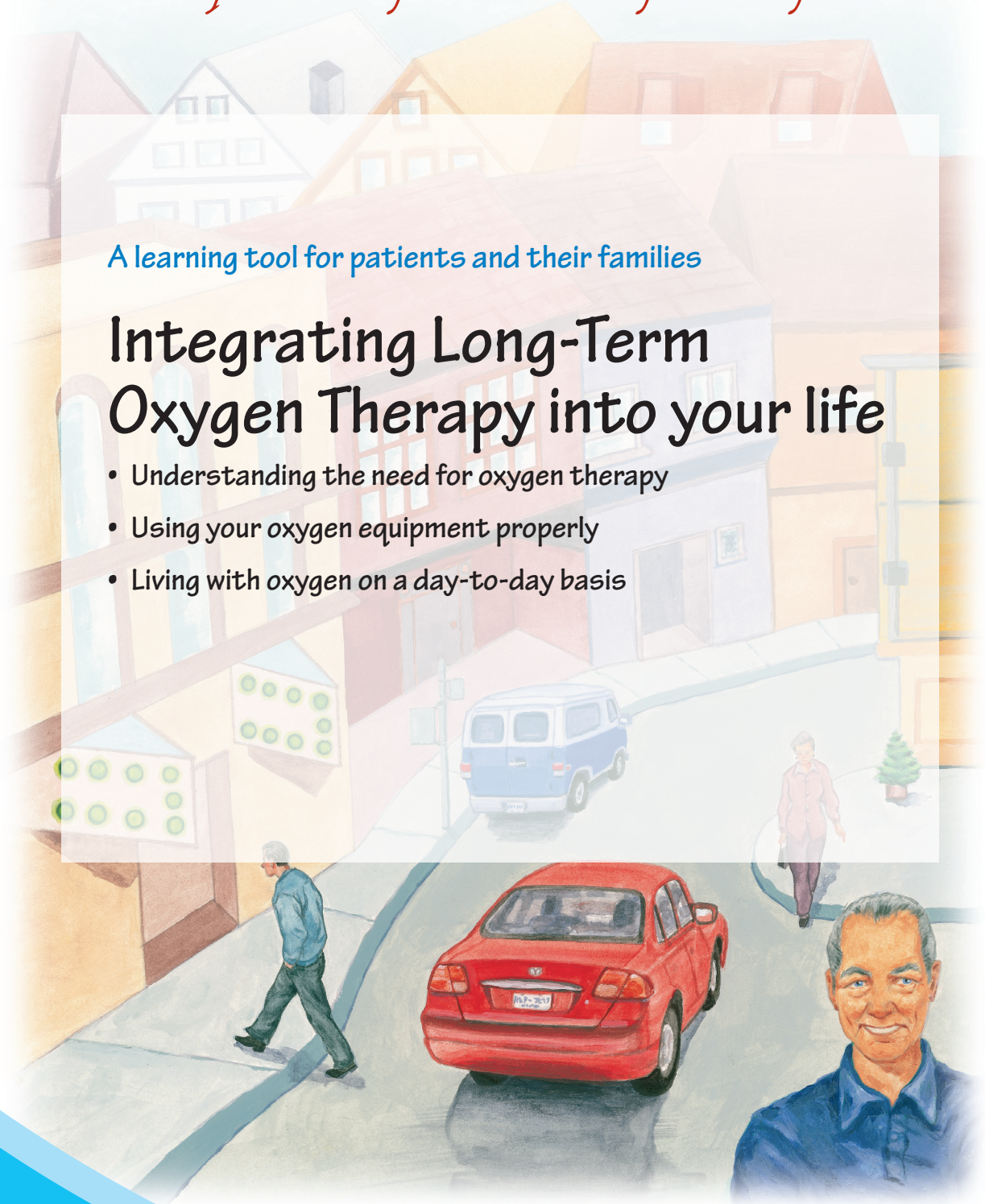
Chronic Obstructive Pulmonary Disease

A plan of action for life

A learning tool for patients and their families

Integrating Long-Term Oxygen Therapy into your life

- Understanding the need for oxygen therapy
- Using your oxygen equipment properly
- Living with oxygen on a day-to-day basis



This guide belongs to:

2nd edition, 2011

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 healthy new lifestyle behaviours. 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 that you can customize for yourself. National and international 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. And the results are very encouraging. Patients who used these workbooks in collaboration with their healthcare worker, “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.

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.

Good luck with your program,

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Welcome to the module “Integrating Long-Term Oxygen Therapy into your life”

COPD patients are often concerned by the idea of getting long-term oxygen therapy.

Living well with COPD means understanding the disease and its treatments well.
Oxygen therapy is an integral part of the COPD treatment.

In this module, we are going to explain why you need oxygen, how the oxygen equipment works and how this therapy can help you to live well on a day-to-day basis.

In this module, you will learn more about:

- oxygen therapy p 7
- how oxygen helps p 9
- using your oxygen equipment p 11
- living well with oxygen on a day-to-day basis p 17

