

SPACE FOR COPD



Self-management Programme of Activity Coping and Education

What is the SPACE for COPD Manual?

The manual is a 176 page document which provides individuals who have COPD with the knowledge and skills required to optimally manage their condition on a day to day basis. It has been developed by a multi-professional team of respiratory and rehabilitation specialists with patient involvement. All content carries the crystal mark from the Plain English Campaign as a seal of approval of its clarity.

What does it involve?

The patient works through the manual independently at home with telephone support from their healthcare professional. They are encouraged to set goals and progress through a prescribed training programme and achieve weekly targets. Exercises include a daily walking regime and light resistance training. The individual works through the manual at their own pace.

Managing breathlessness

There are a number of approaches to managing your breathlessness, including:

- pausing your activities;
- choosing appropriate positions to reduce breathlessness; and
- breathing techniques.

It is important to gently lean forwards (without slouching) and keep your hands and shoulders relaxed. It is probably easier to lean forwards and let your shoulders and hands relax while sitting, although you can use the same principles while standing.

Good positions to reduce breathlessness

Elbows on knees

Hands and shoulders relaxed

Your walking diary

How hard was it today?
0 = very easy, 10 = almost impossible

Date	Minutes of continuous walking	How hard was it?	Total walk time (minutes)	Date	Minutes of continuous walking	How hard was it?	Total walk time (minutes)
Mon	0:01	4:00	7	21:18			
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

How to increase the energy content of your meals

All foods give us energy. However some give us energy and help you to put weight on. Adding fats to your food will increase the number of calories in your food and help to provide energy. For example, butter, olive oil, cream and mayonnaise.

Sugary foods, such as jam, honey and chocolate, also have a lot of calories.

Dairy foods are a good source of long-chain energy. Try and have more high-fat food, for example, wholemeal bread and jacket potatoes with skin.

If you do not need to put extra weight on, make sure what you have with your staple food is rich in calories, for example, have hot-net spread on bread.

What's happened to your lungs?

Your body needs oxygen to survive. Oxygen travels around your body in red blood cells in your bloodstream. Oxygen cannot get into your blood directly through your skin. Your lungs transport oxygen from the air and transfer it into your bloodstream.

Your lungs lie on either side of your heart and fill the inside of your chest. In an adult, each lung weighs about 0.5 kilograms. Although the right lung is a little larger than the left one because there is more room for it, the left lung has to make its space with the heart. Both lungs are made up of lobes - three on the right and two on the left. The inside of your lungs looks like a giant sponge. It is a mass of fine tubes, the smallest of which end in tiny air sacs. These are the alveoli. There are around 500 million of these alveoli. If you spread them out, they would cover a piece of ground roughly the size of a tennis court. These alveoli have very thin walls, which cross over with fine blood vessels known as capillaries.

Setting goals

Every day can be different when you have a lung condition. How well you feel can often depend on several factors, such as if you have a chest infection, or if it's too hot or too cold. This can mean that your activity levels can change from one day to the next.

Setting goals for yourself can be a good way to make sure that you pace yourself and don't do too much on the days you are feeling well.

The benefits of setting goals are:

- giving you control over how much you do; and
- allowing you to make a plan that works for you.

Developing goals and making changes is a process that happens over time. You need to do this in small stages so make sure you work to your own pace. This is different for everyone.

You also need to make sure that your goals are realistic. To feel motivated, you need to feel that the goal is within your capabilities or you will give up at the first hurdle. By keeping your goals simple, you will feel more confident and become more motivated to do new activities or activities that you no longer do.

The best way to achieve a goal is to plan how you want to do that.

- Think of a goal you might have. Keep it general to start with. This could be to walk to the shop, do some gardening, change your diet or take up a new hobby. These are only examples - you will have your own ideas.

- Now think about making this more specific. For example, if you want to walk to the shop, you might want to start with walking a small distance every day.

- To help you achieve this you need to think about how you are going to achieve this.

You will need to think about the following.



Now that you have thought about these things, you should write it down to help you to do it. Use the charts below and overleaf. You do not have to fill in three, just however many you feel you are able to manage. Some of the boxes may not apply to you, but make sure you fill in all of those that do.

Goal:

When I will do this:

Where I will do this:

How I will do this:

Who I will do this with:

Medications

Energy Conservation

Smoking Cessation

Chest

Breathing Control

Clearance

Relationships

What information does the manual include?

Travelling

Exacerbation Management

Managing Stress

Nutritional Advice