

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

If you have COPD, you need to get the most out of each breath. The breathing techniques on this page will help you do that.

What to do if you're short of breath

- Stop and rest in a comfortable position
- Lower your head and shoulders
- Breathe in through your nose, and blow out through your mouth
- Breathe in and blow out as fast as is necessary
- Begin to blow out more slowly and for a longer time. Don't force it. Use pursed lip breathing if you find it helpful
- Slow your breathing down
- Begin breathing through your nose
- Begin doing diaphragmatic breathing
- Stay in this position for 5 minutes longer

How to control your breathing

If you know how to control your breathing, you can stay calm when you're short of breath. Pursed-lip breathing and diaphragmatic breathing will both help. These breathing methods prevent or reduce the trapped air in your lungs, and allow you to breathe in more fresh air.

- **Pursed lip breathing**
 - Breathe in slowly through your nose for 1 count
 - Purse your lips as if you were going to whistle
 - Breathe out gently through pursed lips for 2 slow counts (breathe out twice as slowly as you breathed in). Let the air escape naturally- don't force the air out of your lungs
 - Keep doing pursed lip breathing until you're no longer short of breath
- **Diaphragmatic breathing**
 - Put one hand on your upper chest, and the other on your belly just above your waist
 - Breathe in slowly through your nose - you should be able to feel the hand on your belly moving out. The hand on your chest shouldn't move.
 - Breathe out slowly through your pursed lips - you should be able to feel the hand on your belly moving in as you exhale (breathe out).

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.