

## 13 Appendix C. Educational packages

Specific educational packages should be developed for patients with COPD. The packages should take account of the different needs of patients at different stages of their disease. Suggested topics for inclusion are:

- disease education (anatomy, physiology, pathology and pharmacology, including oxygen therapy & vaccination)
- dyspnoea/symptom management, including chest clearance techniques
- smoking cessation
- energy conservation/ pacing
- nutritional advice
- managing travel
- benefits system and disabled parking badges
- advance directives (living wills)
- making a change plan
- anxiety management
- goal setting and rewards
- relaxation
- identifying and changing beliefs about exercise and health related behaviours
- loving relationships/sexuality
- exacerbation management (including when to seek help, self-management and decision making, coping with setbacks and relapses)
- home care support
- managing surgery (non thoracic)
- the benefits of physical exercise
- support groups – such as the British Lung Foundation Breathe Easy groups, which operate throughout the UK.



## Appendix C: Educational packages

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Updated information and services can be found at:  
[http://thorax.bmj.com/content/59/suppl\\_1/i191.citation](http://thorax.bmj.com/content/59/suppl_1/i191.citation)

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