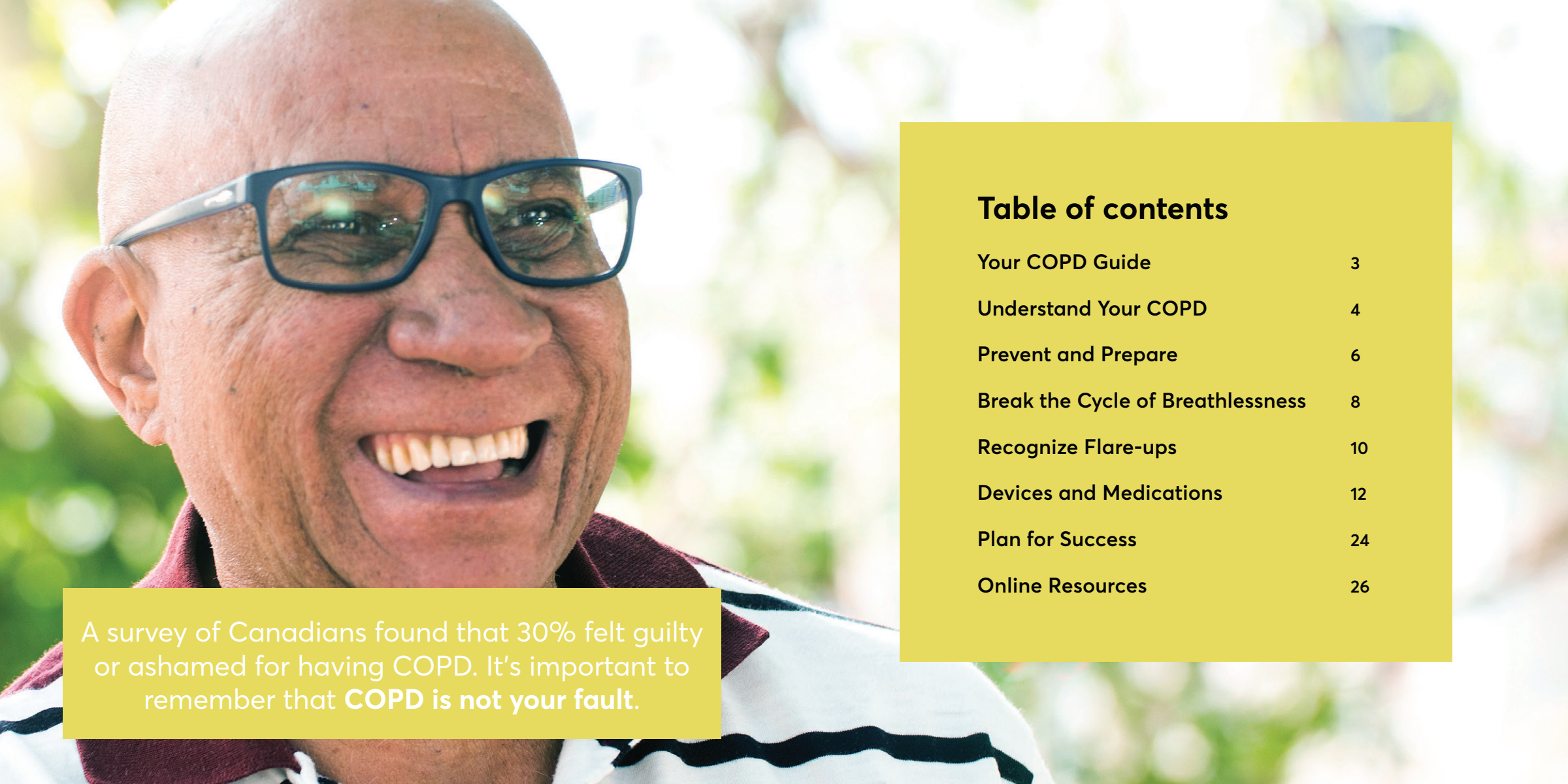


CIRCLE
of
CARE

LEARN TO BREATHE EASIER WITH COPD

A guide for people living with COPD





A survey of Canadians found that 30% felt guilty or ashamed for having COPD. It's important to remember that **COPD is not your fault.**

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*Staying strong and healthy helps
you manage your COPD.*

You Can Live Well With COPD

Make the most of your health

- COPD (Chronic Obstructive Pulmonary Disease) is a disease that affects your lungs and airways.
- Understanding your disease and how to manage it can help you to stay healthy.
- You're not alone! Respiratory/COPD educators and healthcare providers have come together to write this booklet, to help you make the most of your health.
- Remember to stay in touch with your healthcare provider to keep an up-to-date action plan for your COPD.

Quick tips for staying healthy



Take your medication
as prescribed*



Work with your
healthcare team



Get your flu and/or
pneumonia shot



Exercise regularly



Choose healthy foods



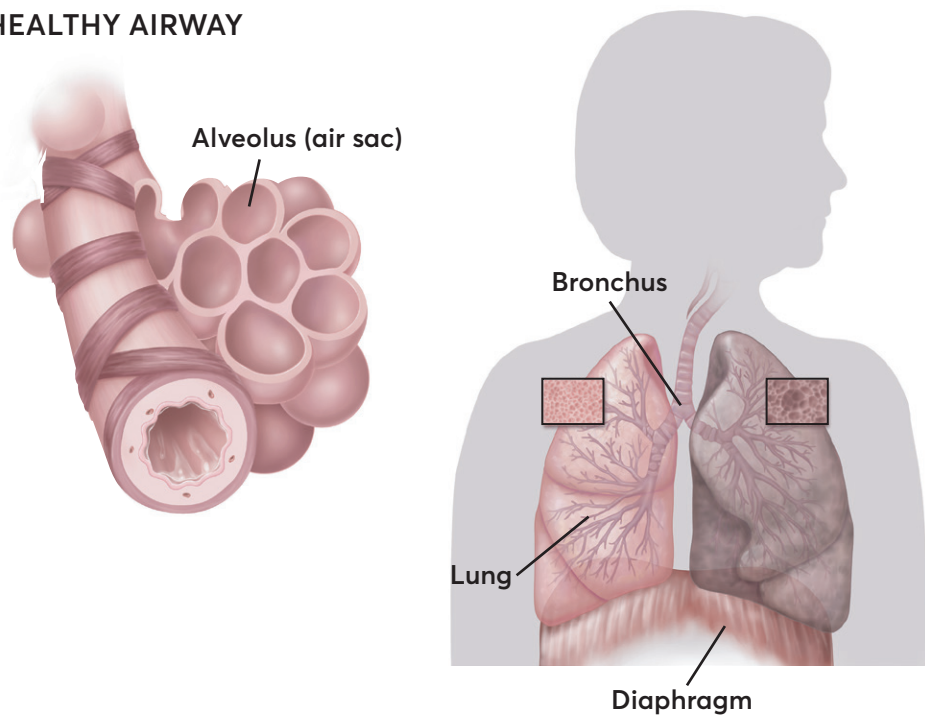
Wash hands to
reduce infection

* Tell your healthcare team promptly if your symptoms change.

Understand Your COPD

Chronic obstructive pulmonary disease (COPD) is a long-term condition that affects your airways and lungs. You may not have heard of COPD before being diagnosed. That's okay – it's never too late to learn!

HEALTHY AIRWAY

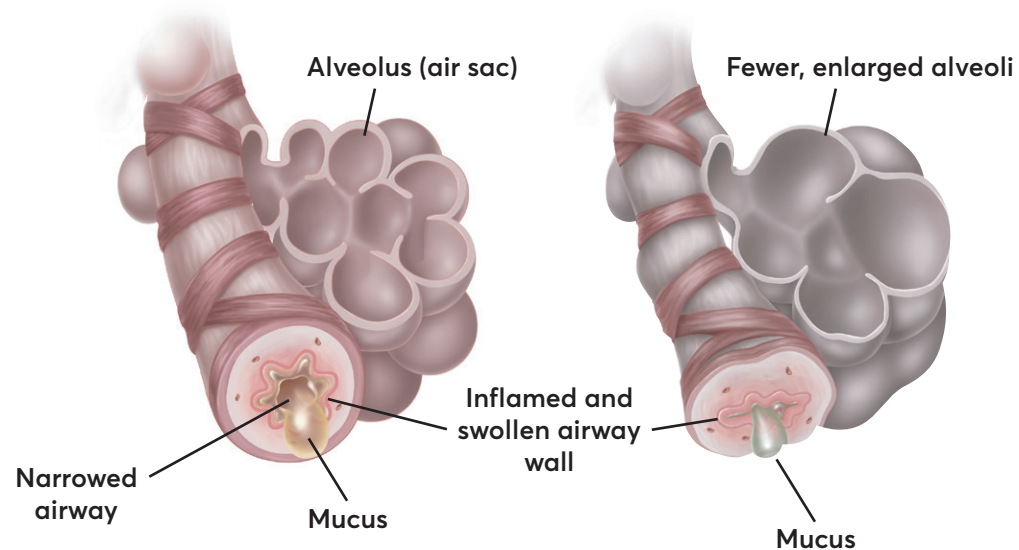


COPD over time

Airways may become obstructed, trapping air in the alveoli.

COPD BRONCHIOLES (MODERATE)

COPD BRONCHIOLES (SEVERE)



Although COPD cannot be cured, there are ways you can manage COPD and treat your symptoms. You can do this! And, you're not alone—your healthcare team is there to help!

Prevent and Prepare

Certain things can "trigger," or bring on, your symptoms. Triggers can be different from person to person. Knowing your triggers – and avoiding them – can help you feel in control of your COPD. Below are a few common triggers.



Cleaners/
perfume



Stress/
emotions



Weather
changes



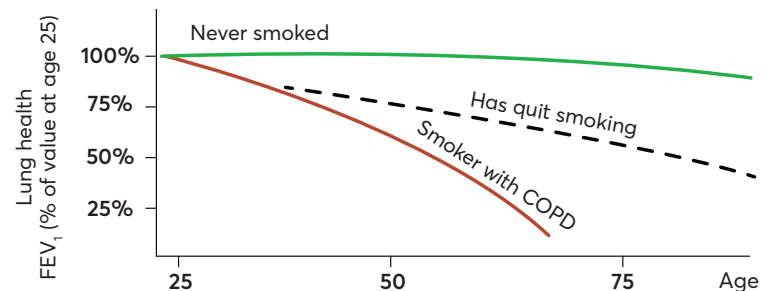
Air pollution, including
second-hand smoke

Quit Smoking

It's common knowledge that quitting smoking is good for you. But if you have COPD, quitting smoking is the single best thing you can do to improve your health. **Quitting now will help slow your COPD – it's NEVER too late to make a difference.**

Resources and support are available, whenever you're ready. Go to www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking.html, or call 1-866-366-3667.

BENEFITS OF QUITTING SMOKING ON LUNG FUNCTION



Reproduced from *Br Med J*. Fletcher C, Peto R, 1:1645, 1977, with permission from BMJ Publishing Group Ltd.

FEV₁: Forced expiratory volume in 1 second

How Can Breathing Techniques Help in COPD?

MANAGE BREATHLESSNESS

Feeling breathless can be scary. But, there are some things you can do to help manage it. Pursed-lip breathing can be used any time, to help manage breathlessness and help you get air into your lungs.



Close mouth,
breathe in slowly
and deeply through
the nose.



Purse lips, breathe
out slowly and
deeply through
the mouth.

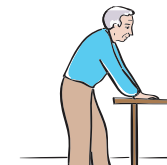
To purse your lips, press them close together as if you are going to whistle.

CATCH YOUR BREATH

Get into a standing or sitting position to help catch your breath. It's important to be relaxed, and focus on your breathing. You've got this.



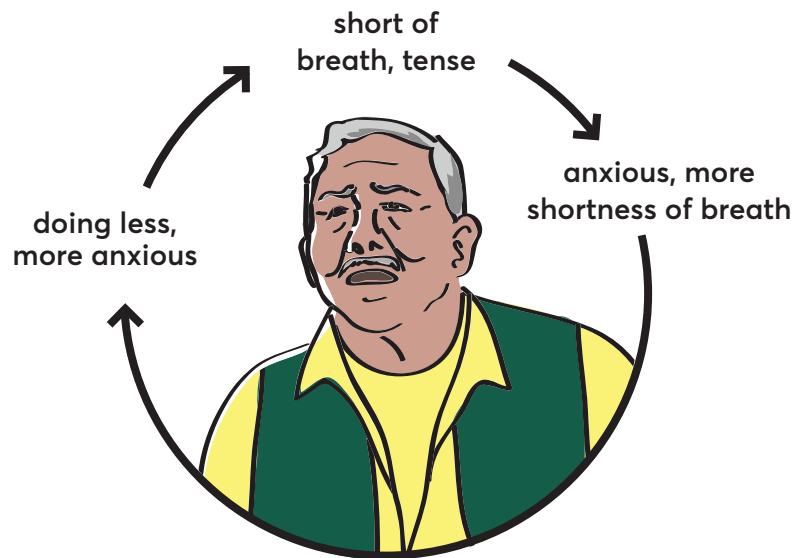
Sitting: Sit with both feet on the ground. Lean head and shoulders forward slightly. Rest your arms on your knees or lightly on a table or chair, keeping them relaxed.



Standing: Lean your back against a stable surface (e.g., wall). Place feet apart slightly, and away from the wall. Relax and lean head and shoulders forward slightly, resting your hands lightly on your thighs or a piece of furniture.

Break The Cycle of Breathlessness

Do you feel more tired and short of breath when you're tense, anxious, or worried? That's normal – but it doesn't have to be. Speak to your healthcare team about how to plan time for activities you enjoy. It is important that you don't feel rushed. Use your breathing exercises, and practice a relaxation technique to help break the cycle.



USE BREATHING TECHNIQUES TO CATCH YOUR BREATH



Close mouth,
breathe in slowly



Purse lips, breathe
out slowly



Exercise



Support head & relax



Lean forward & relax



Relax

Learning to manage COPD can be difficult, but you're worth it.

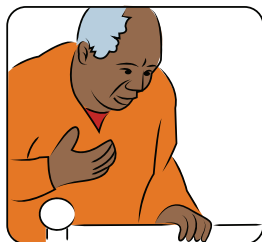
Recognize Flare-ups

A flare-up is when your COPD symptoms get worse for at least 48 hours. Recognizing a flare-up is an important part of taking care of yourself.

IF YOU HAVE ANY INCREASE OR CHANGE IN YOUR:



Coughing/wheezing



Shortness of breath



Mucus production or mucus colour – can be yellow, green, or brown

Report every flare-up, or worsening of symptoms, to your doctor. They can help you decide if your management plan needs to be adjusted.

Follow your COPD action plan – or plan to make one, with your doctor or respiratory educator

Don't have a plan? Speak to your Certified Respiratory Educator (CRE) or visit www.cts-sct.ca/action-plans (CTS COPD Action Plan and Instructions) to get a blank plan that you and your healthcare team can fill out.

Notes:

[illegible]

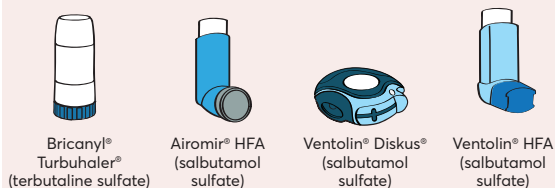
Select COPD Devices and Medications

There are many ways to manage COPD. Your healthcare team can answer your questions and help you figure out what's best for YOU.

This is not a complete list of available agents. Please speak to your healthcare provider for more information.

RESCUE – SHORT-ACTING bronchodilators

Short-Acting Beta₂-Agonists (SABA)



Short-Acting Muscarinic Antagonist (SAMA)

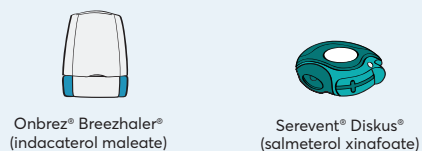


DAILY – LONG-ACTING bronchodilators

Long-Acting Muscarinic Antagonists (LAMA)

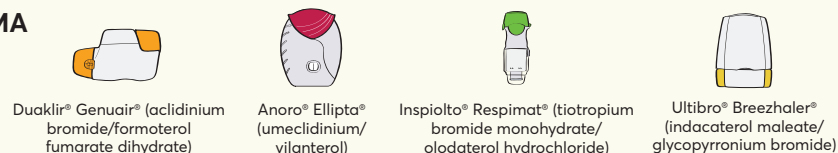


Long-Acting Beta₂-Agonists (LABA)

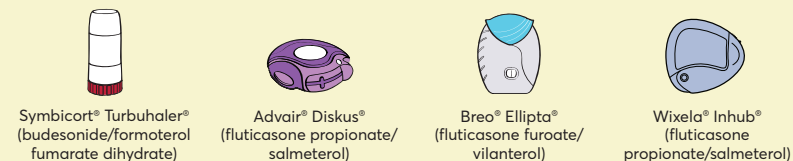


DAILY – COMBINATION medications

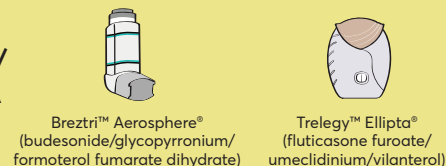
LABA/LAMA



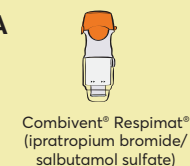
Inhaled corticosteroid (ICS)/LABA



ICS/LABA/LAMA



SABA/SAMA



ORAL medications

- Methylxanthines: theophylline, oxtriphylline, etc.
- Oral corticosteroid: prednisone
- Phosphodiesterase-4 inhibitor: Daxas® (roflumilast) tablets

OTHER supportive measures

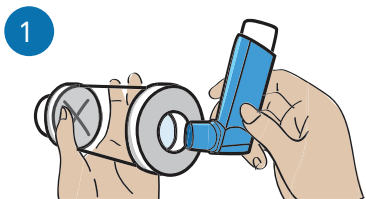
- Antibiotics for bacterial infections that may cause COPD flare-ups (e.g., macrolides, cephalosporin)
- Flu vaccine
- Oxygen
- Pneumonia vaccine
- Pulmonary rehabilitation
- Mucolytics

All trademarks are properties of their respective owners.

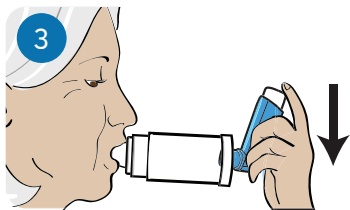
Know How to Use Your Medication

Taking your medication properly is important. If you have questions about how to take your medication, talk to someone on your healthcare team. Consider bringing a loved one with you to take notes if you think it might help.

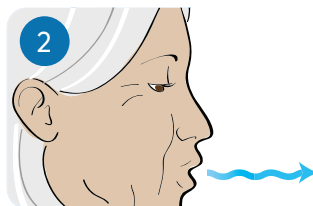
Puffer with spacer



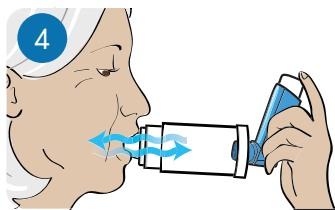
Remove cap, shake the puffer 5–6 times, then insert into spacer.



Seal lips around mouthpiece. Press down on inhaler once.



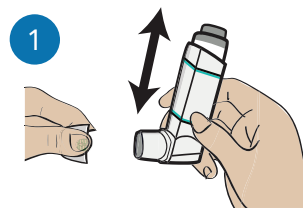
Breathe out gently away from spacer.



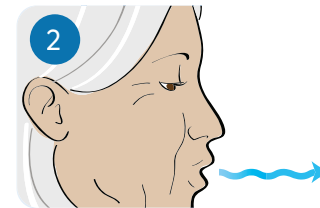
Breathe in very slowly and hold for 5–10 seconds, then breathe out.

Please see your medication package insert for more detailed instructions.
Note: The colour of your device may differ from the one shown in illustrations.

Puffer without spacer



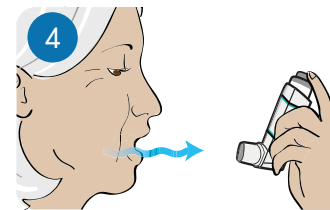
Remove the cap from the mouthpiece and shake the inhaler.



Breathe out normally.



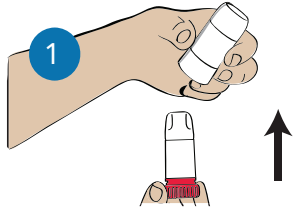
Close your lips around the mouthpiece. Take a slow deep breath in and press on the inhaler.



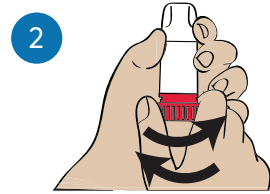
Remove the inhaler from your mouth and hold your breath for 5 to 10 seconds or as long as you feel comfortable. Breathe out fully.

The above instructions do not include instructions on how to prepare a new inhaler for use. Refer to your product information before you start using a new inhaler. Please see your medication package insert for more detailed instructions.

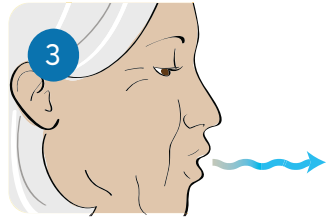
Turbuhaler®



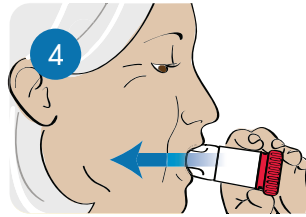
Unscrew cap.



Twist, then twist back.
(A click will be heard.)



Breathe out away from Turbuhaler®.*



Rapid, strong, deep
breath in and hold.

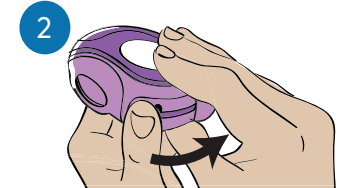
*** Remember – never exhale into your Turbuhaler®**

The above instructions do not include instructions on how to prepare a new Turbuhaler® for use.
Refer to your product information before you start using a new Turbuhaler®.
Please see your medication package insert for more detailed instructions.
Note: The colour of your device may differ from the one shown in illustrations.

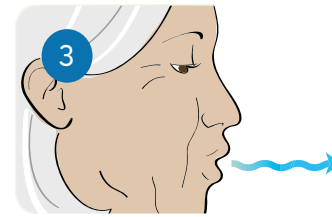
Diskus®



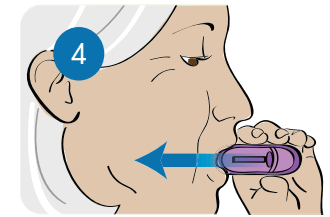
Open cover.



Slide lever to click.



Breathe out as far
as is comfortable.*



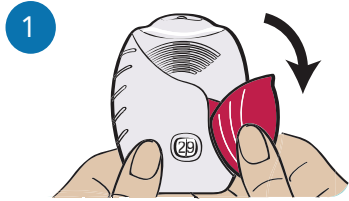
Breathe in steadily
and deeply and hold.

*** Remember – never exhale into your Diskus®**

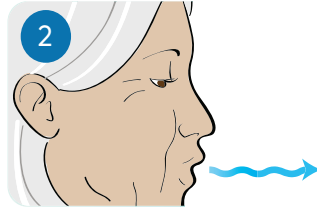
Please see your medication package insert for more detailed instructions.
Note: The colour of your device may differ from the one shown in illustrations.

Ellipta®

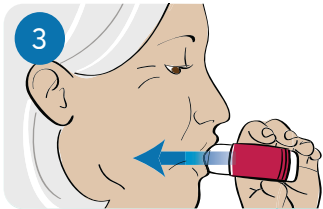
When using Ellipta®, **don't block the air vent with your fingers.**



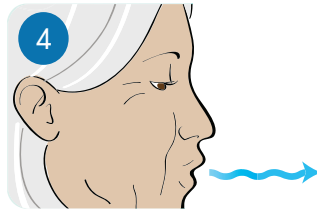
Slide open the cover until you hear a click. The dose counter will go down by one.



Breathe out gently away from Ellipta®.



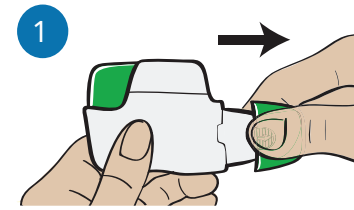
Steady, deep breath in and hold for at least 4 seconds.



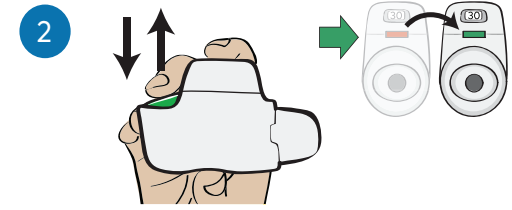
Breathe out gently away from Ellipta®. Slide cover closed.

Please see your medication package insert for more detailed instructions.
Note: The colour of your device may differ from the one shown in illustrations.

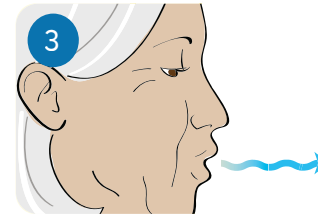
Genuair®



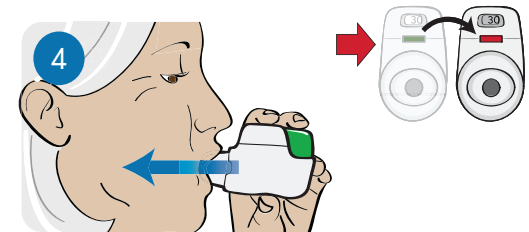
Squeeze sides of cap and pull to remove.



Press the button all the way down then release.* The control window will change from red to green.



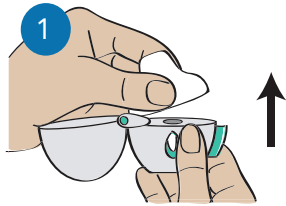
Breathe out away from Genuair®.



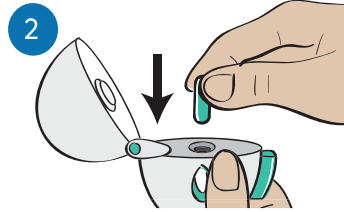
Strong, deep breath (you will hear a click, but continue your breath) and hold as long as you can. The control window will change back to red.

* When you breathe in, **do not hold down the button.**
Please see your medication package insert for more detailed instructions.
Note: The colour of your device may differ from the one shown in illustrations.

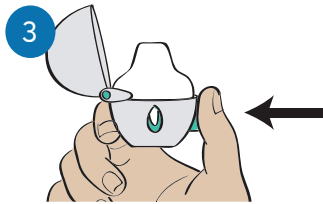
HandiHaler®



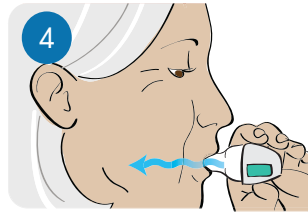
Pull lid upwards and lift open mouthpiece.



Place capsule in chamber.



Press button and release.

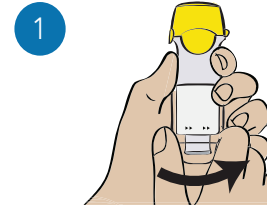


Slow, deep breath in and hold.

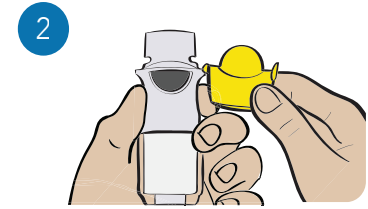
When you replace the mouthpiece, make sure you hear a click

Please see your medication package insert for more detailed instructions.

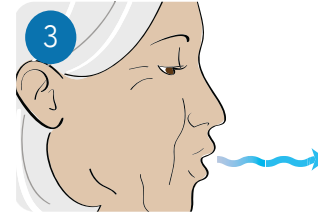
Respimat®



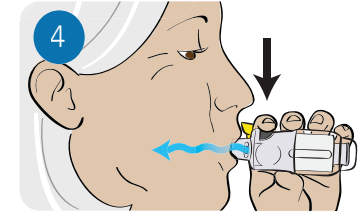
Turn base in direction of arrows until it clicks.



Open the cap.



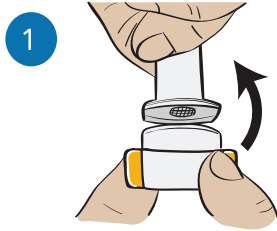
Breathe out away from inhaler.



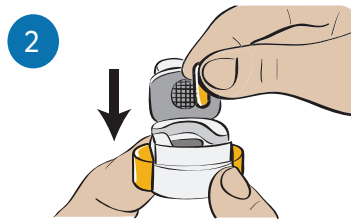
Slow, deep breath in while pressing dose release button and hold your breath for at least 10 seconds.

The above instructions do not include instructions on how to prepare a new inhaler for use. Please see your medication package insert for more detailed instructions. Note: The colour of your device may differ from the one shown in illustrations.

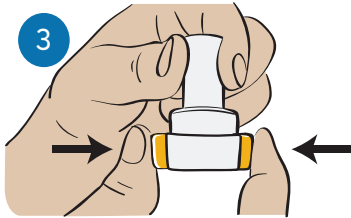
Breezhaler®



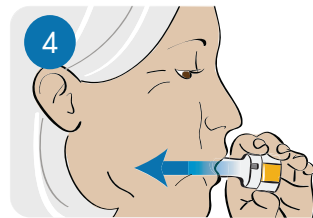
Pull off cap and open inhaler.



Place capsule in chamber and close.



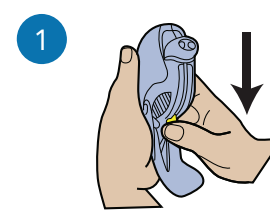
Press both buttons and release. Breathe out away from inhaler.



Breathe in slowly and deeply; hold your breath for at least 10 seconds.

Please see your medication package insert for more detailed instructions.
Note: The colour of your device may differ from the one shown in illustrations.

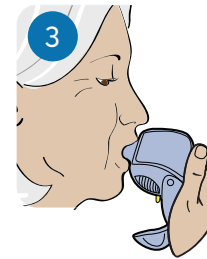
Inhub®



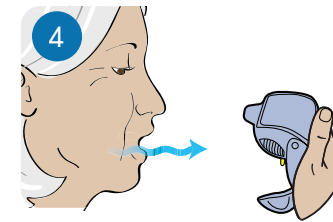
Hold the inhaler vertically to open it and push the yellow lever down fully. You may hear a click.



Breathe out fully away from the inhaler.



Close your lips around the mouthpiece and breathe in quickly and deeply.* Do not breathe in through your nose.



Remove the inhaler from your mouth and hold your breath for 10 seconds or as long as you feel comfortable. Breathe out fully.

* When you breathe in, **do not cover the air vents with your fingers**.
Please see your medication package insert for more detailed instructions.
Note: The colour of your device may differ from the one shown in illustrations.

Plan for Success

Follow Your COPD Action Plan

A COPD Action Plan is a roadmap to managing your COPD, through feeling well to worsening symptoms. It explains what to do and what medication to take, depending on how you feel.

I FEEL WELL

Feeling well? That's great! Here are a few things you can do to help stay that way:

IF:

- I feel well

YOU SHOULD:

- Work with your healthcare team
- Exercise regularly
- Eat healthy
- Take your medication

I FEEL DIFFERENT

It's always okay to talk to your doctor if you're not feeling right.

IF:

- I feel different

YOU SHOULD TALK TO YOUR DOCTOR WHEN:

- You have changes in your sputum (colour, amount, consistency)
- You have experienced an increase in symptoms (chest tightness, breathlessness, cough)

I NEED HELP - WHAT SHOULD I DO?

COPD can be very serious. It's important to act fast and follow the instructions below.

IF:

- My symptoms have worsened
- After 48 hours of treatment my symptoms are not better

YOU SHOULD:

- Notify your contact person and/or see your doctor
- After 5 pm or on the weekend, go to the hospital emergency department (Tel: _____)

- I am extremely short of breath, agitated, confused and/or drowsy, and/or I have chest pain

- Dial 911 for an ambulance to take you to the hospital emergency department
- Follow up with your doctor as soon as you are able to

In general, people with COPD experience most troublesome symptoms in the morning. Use the action plan developed with your healthcare team, and ask your doctor for treatment options that can help.

More Information and Support

COPD can make you feel alone – that’s normal. In fact, 1 in 3 Canadians living with COPD reported feeling isolated and judged. Remember, you’re not alone on this journey. Your healthcare team is there to support you, and you can also access many resources online or by phone. Reach out if you need to – we all need help sometimes.

The Lung Association

Website: www.lung.ca

Phone: 1-866-717-COPD (2673)

Health Canada

Website:
www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking.html

Phone: 1-866-366-3667

Canadian Thoracic Society

Website: cts-sct.ca

Phone: (613) 235-6650

Family Physician Airways Group of Canada

Website: www.fpagc.com

Phone: (905) 415-3917 ext. 222

Downloadable COPD Action Plan

Website:
cts-sct.ca/wp-content/uploads/2019/03/5491_THOR_COPDActionPlanUpdate_2019_Editable_Eng_v2.pdf

Canadian Network for Respiratory Care

Website: cnrchome.net

Phone: 1-855-355-4672

Canadian Pharmacists Association

Website: www.pharmacists.ca

Phone: 1-800-917-9489, ext. 501



SOCIÉTÉ
CANADIENNE DE
THORACOLOGIE



CANADIAN
THORACIC
SOCIETY



BREATHE
the lung association

RESPIREZ
l'association pulmonaire



CANADIAN
PHARMACISTS
ASSOCIATION

ASSOCIATION DES
PHARMACIENS
DU CANADA

The following editorial advisors greatly contributed to the development of the initial version of this educational tool:

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Our thanks to our reviewers for their ongoing support in keeping this educational tool up to date.

This was made possible by an educational grant thanks in part to the support of AstraZeneca Canada Inc.

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CA-7088E

