

COPD Program for Retirement Communities

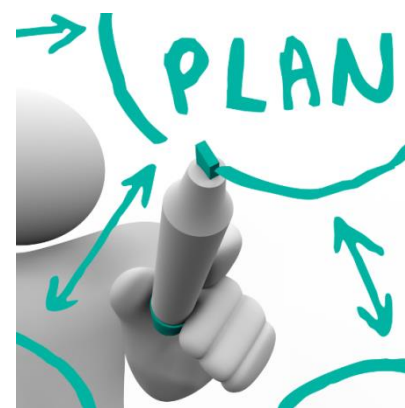
Presented by Karen Fisher
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Agenda

1. Physiotherapy
2. COPD Group
3. Activities / Restorative Care

Physio Programs

- 1:1 Program
- Breathing Techniques
- Effective Airway Clearance
- Strength / Endurance / Pacing



PT Outcomes

Conditions:

- Acute Respiratory Disease
- Chronic Lung Disease

Outcome Measures

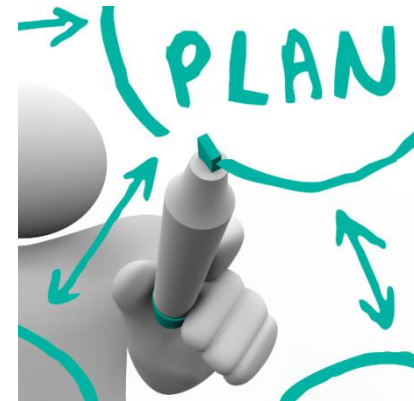
- 2 or 6 minute walk test, TUG, Quality of Life test

PT Goals:

- Major benefits include increased physical capacity, decreased anxiety about breathlessness, greater independence in daily activities, reduced fatigue and improved quality of life.

Group Programming

- Strengthening
- Walking /Endurance Program
- Breathing techniques



Group Outcomes

Conditions:

- Mild/Moderate/Server COPD

Outcome Measures

- Self reported management
- Participation

Goals:

- increased / maintain physical capacity

Restorative / Activities

- Breathing Techniques
- Relaxation

Outcomes

- Effective coughing & huffing
- Self reported management



Questions



Thank You!