

Living well with COPD Switzerland

COPD

Chronic obstructive pulmonary disease COPD can cause shortness of breath, coughing and (sometimes) sputum. Familiar activities can no longer be carried out, and ever-increasing isolation is the result.

Program

Our program is based on a similar program «living well with COPD» from Prof. Jean Bourbeau in Canada. Since 2018, many affected people as well as their relatives could benefit from this offer in Switzerland. The aim is to help people affected by COPD to optimize their quality of life, to maximize their level of autonomy, to keep their health condition stable for as long as possible, to prevent and manage any worsening of the disease early and to help caregivers to support their loved ones in the behavior change process.

Study

And this program works! This was proven in a [Swiss study](#) with the name «SELFIS». Very good acceptance and satisfaction from patient and professionals, significant improvement in quality of life and physical fitness are some of the results. 14 months after the coaching 28% of the patients were smoke free and 89% would recommend the program to others.

CAUSES AND EFFECTS OF THE DISEASE

OTHER TOPICS

MEDICATION AND ACTION PLAN

6 MODULES
2 HOURS EACH

FOR PATIENT AND RELATIVES

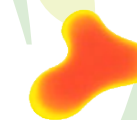
BREATHING TECHNIQUES

PHYSICAL ACTIVITY

DAILY PLANNING

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