

BC Lung Association Funded Pilot

## 12-Week COPD Exercise and Education Program

### PATIENT PARTICIPANT OVERVIEW

#### A one-on-one, home-based COPD exercise and education program via ZOOM

WillKin Health's COPD ConnEx Program is a home-based COPD exercise and education program intended to help you feel more in control of your COPD. The program's content and physical/health assessments are guided by the work of Dr. Jean Bourbeau, a world-recognized expert in COPD, rehabilitation and self-management. He developed the award-winning program: [www.livingwellwithcopd.com](http://www.livingwellwithcopd.com).

#### How it works - one 45-minute ZOOM session weekly for 12 weeks.

- A qualified Kinesiologist (exercise specialist) delivers the program, guiding you through the types of exercise that are possible and beneficial to you.
- You meet via ZOOM (videoconference technology) once weekly for 12 weeks.
- Each session is 45 minutes and will consist of supervised exercise (35 minutes) and an educational component (10 minutes). Your Kinesiologist will schedule session times with you. In-between each session, they will give you takeaway info and/or exercises to do.
- At week 6, the pilot program manager will organize a separate group ZOOM (videoconference) session with four other participants in the pilot program to share feedback.
- You will be asked to complete out a series of straightforward physical and mental health assessments at the beginning and end of the program so we can measure your improvements over 12 weeks.
- You will also be asked program survey questions along the way to help us evaluate the program's success.

#### \*\*\* TO QUALIFY TO TAKE PART IN THE PROGRAM:

#### You need to review and complete three documents.

Completion of the 1) Physician Patient Referral Form and 2) Get Active Questionnaire as well as your signing of 3) WillKin Health's Informed Consent Agreement is required. The pilot program manager will provide you with these documents.

## You need to know how to use ZOOM

Your Kinesiologist will be using ZOOM technology to delivery your sessions. You will access each session through a ZOOM link sent to you by your Kinesiologist.

You need to download the ZOOM App onto your device to join the first session. Once downloaded, you can access the remote sessions with your Kinesiologist. There is no cost for using ZOOM and it does not hold any of your personal information.

## You need 15 minutes before each session to prepare

Wear loose fitting clothing and comfortable shoes - ideally running shoes with grip sole.

Choose the device you will use to ZOOM videoconference. Either a desktop computer, laptop or iPad/Tablet. A tablet or laptop is easier because of its built-in webcam, microphone and speaker.

Make sure to place your device in a good spot. Tips:

- If you are using a computer and there is a webcam (camera) attached, make sure the area in front of the camera is clear of objects and on a sturdy surface
- If you are using an iPad or Tablet, ensure it can stand up on its own. When propped-up, click on the device's camera icon to view your room as your Kinesiologist will be seeing it, and seeing you, while you interact.

Before joining each session, test your device, Internet, webcam and speaker volume.

## You need to take measures to keep safe while exercising

Ensure the area you are using is free of objects and large furniture. Also, ensure proper lighting and ventilation. You will want an area that is at least 12 feet by 12 feet in size.

If you use an assistive device, chair or cane, make sure that it is readily available. Do not forget to have your phone nearby, and should you need assistance during the session, have a family member or carer present to help.

Always be by a wall or stable chair while using any equipment that will encourage you to balance or while using any uneven surfaces.

## You need a have a plan just in case you feel unwell

Should you feel faint, severely breathless, experience chest pain, or notice any other abnormal side effects of exercise: remain calm and always use pursed lip breathing and/or use your rescue inhaler as prescribed should you need it. Depending on how your feel there are positions, you may use to help:

- Remain standing. Lean your chest slightly forward. Rest your palms on your thighs (or nearby table, if available).

## COPD EXERCISE/EDUCATION PILOT PROGRAM *continued*

- Alternatively, if you are feeling faint, it is recommended you: Sit down immediately. Keep both feet on the ground. Lean your chest slightly forward. Rest your elbows on your knees and rest your chin on your hands.

Should you feel you are experiencing a COPD exacerbation, you or your Kinesiologist should call your doctor or your emergency contact. If applicable, use the action plan recommended by your doctor. Note: Your Kinesiologist will stay with you on ZOOM until your emergency contact arrives or your symptoms are alleviated.

## COPD CONNEX PROGRAM SUMMARY

### You will exercise for 35 minutes each week:

Each one-on-one session, apart from initial and final patient assessment sessions, incorporates education topics (see below) along with mild/moderate aerobic training, strengthening and balance/core work as well as flexibility and relaxation exercise.

### You will spend 10 minutes learning something new each week:

- 1 ASSESSMENT AND QUESTIONNAIRES:** Review program protocols: health, safety, technology. Conduct mental health/physical assessments. Determine patient goals.
- 2 PHYSICAL ASSESSMENT:** Finish assessments from session 1.
- 3 PURSED LIP BREATHING DURING EXERCISE:** *Takeaway:* Living Well with COPD video: Get moving... Breathe easy
- 4 POSTURE TRAINING:** *Takeaway:* Living Well with COPD document: Body positions to relieve shortness of breath; TED Talk video: Benefits of good posture
- 5 PREVENTING YOUR COPD SYMPTOMS:** *Takeaway:* Living Well with COPD document: Preventing your symptoms. Taking your medications
- 6 BREAKING THE ANXIETY-BREATHLESSNESS CYCLE:** *Takeaway:* Living Well with COPD video: Managing stress and anxiety
- 7 ENERGY CONSERVATION PRINCIPLES:** *Takeaway:* Living Well with COPD video: Managing your breathing and saving your energy
- 8 THE HEALTHY PLATE AND POTENTIAL/PROBLEMS TO EATING RIGHT:** *Takeaway:* Living Well with COP video: Integrating a healthy diet into your life
- 9 STABILITY:** *Takeaway:* Web article Why is core stability so important?
- 10 PROPRIOCEPTION (BODY POSITION AND MOVEMENT AWARENESS)** *Takeaway:* Web article Lose the Shoes: Barefoot Training, Smart or Senseless
- 11 CO-ORDINATION** *Takeaway:* Web article Improving Coordination: Is it possible?
- 12 RE-ASSESSMENT:** Repeat of session 1/2 assessments to evaluate progress.