

# Staying Active at “Home”

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**Interior Health**  
*Every person matters*

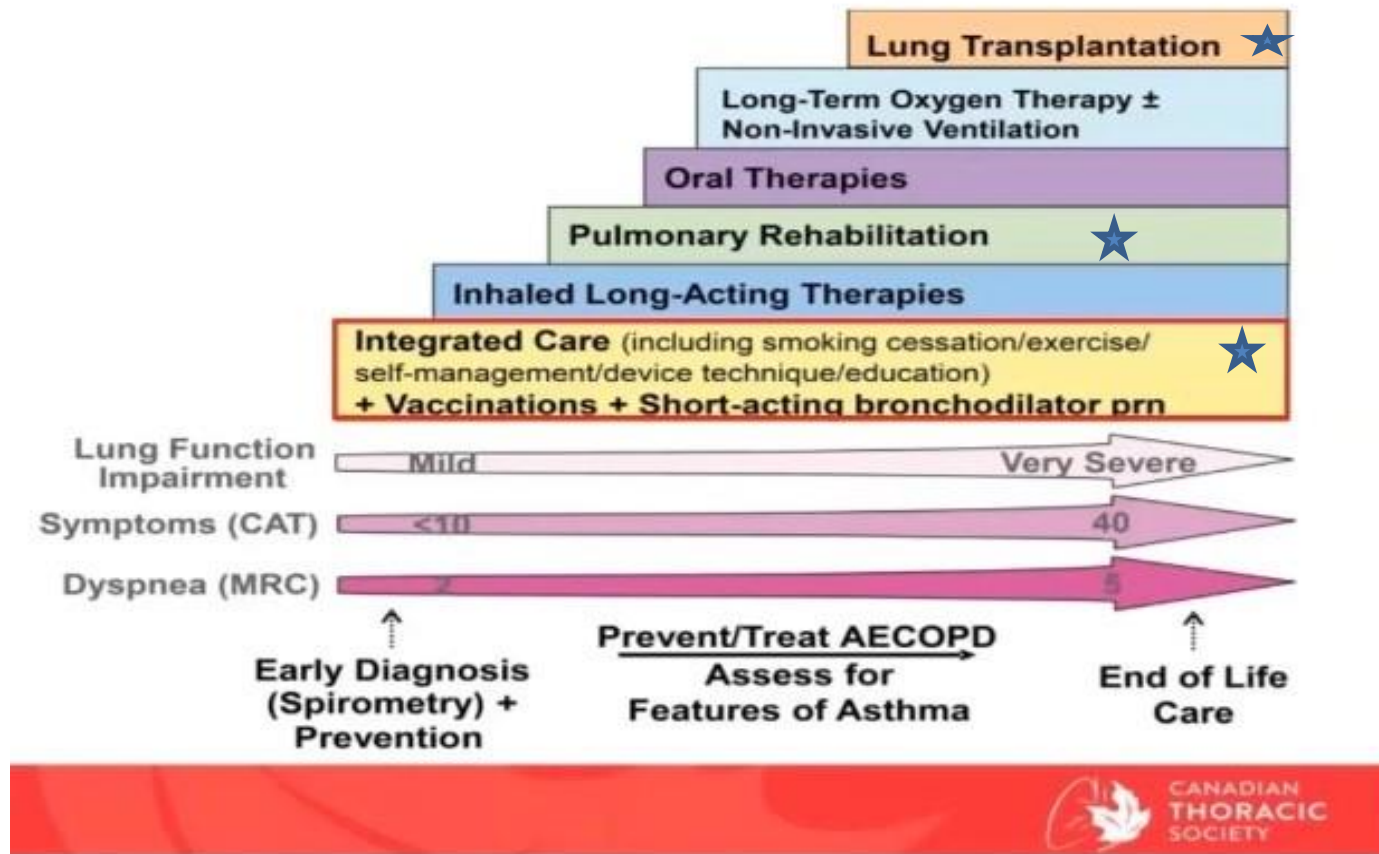
# Let's Review before We Move

- Why Move?
- Judging Effort with Perceived Exertion Scale
- Pursed-Lip Breathing
- Body Positions to Relieve Shortness of Breath
- BC Lung Website Activity Resources
- Safety Tips

# WHO - World Health Organization

- Released new Physical Activity Guidelines
- WHO Director General was quoted as saying: “Being physically active is critical for health and well-being – it can help to add years to life and life to years”
- Exercise has many benefits including for people with COPD
- In the context of COVID-19, how can you move safely and creatively?

# Exercise★ in the Management of COPD




Bourbeau et al. CJRCCSM 2017, VOL. 1, NO. 4, 222–241

# What is your Effort Rating at Rest?

**Scale of perceived exertion**

Intensity of the sensation (breathlessness, fatigue)



0	None at all
1	Very light
2	Light
3	Moderate
4	Somewhat severe
5	Severe
6	More severe
7	Very severe
8	
9	Very, very severe
10	Maximal

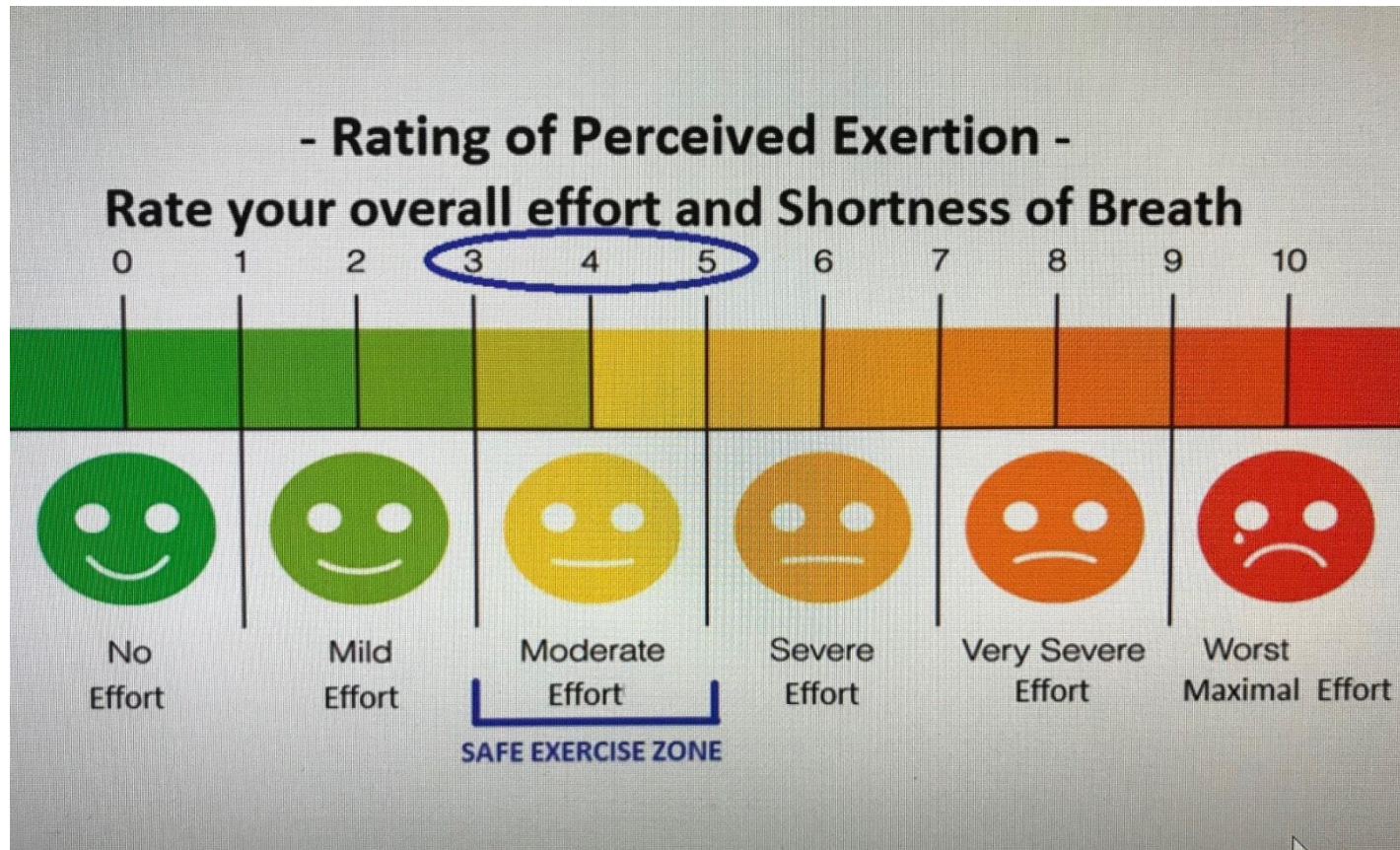
*Adapted from the Borg scale®*

# How Hard Should I Work?

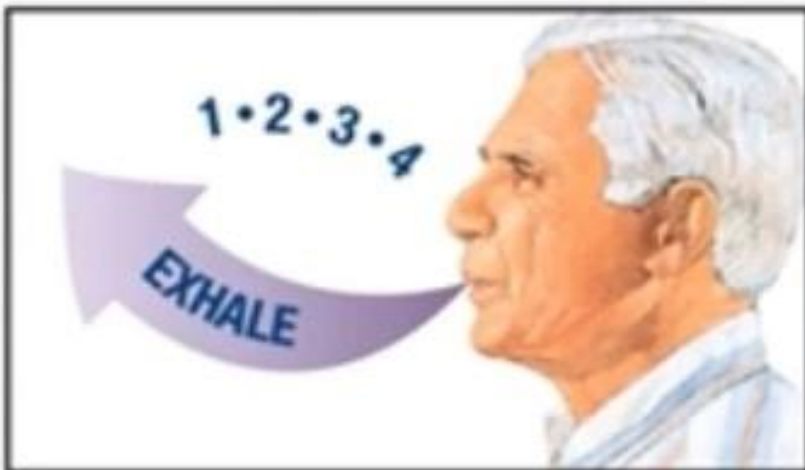
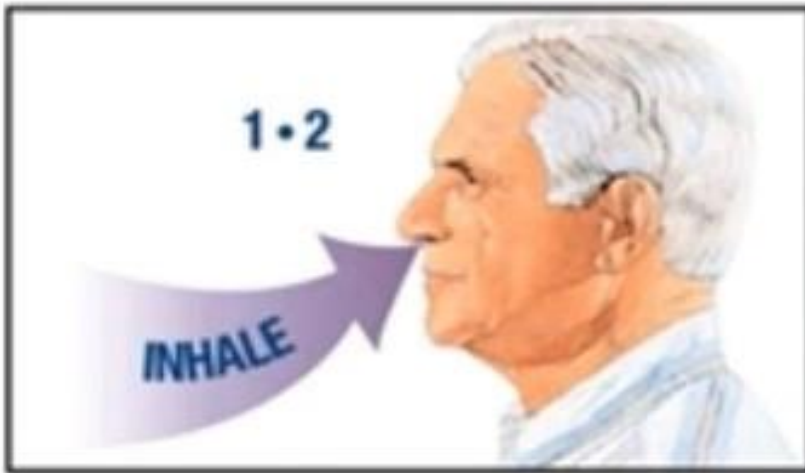
- Combined Rating Effort and Shortness of breath
- Aim for an Effort of **3 to 5** out of **10**
- **3 out 10** effort is a **Moderate** effort
  - Comfortable, you can speak in short sentences
- **5 out 10** effort is getting **Heavy**
  - Having a good day, decided to push yourself a little
  - If it is high because you haven't slept well or may be coming down with cold or infection slow down
- Talk to your health professional about activity recommendations if you are experiencing or recovering from a flare-up/exacerbation



# Effort- Scale of Perceived Exertion



# Pursed Lip Breathing



- Step 1 – Breathe in slowly through your nose
- Step 2 – Purse your lips as if you were whistling
- Step 3 - Breathe Out, long and slow, but not forced, while keeping your lips pursed.



# SOS for Shortness of Breath - Sitting

## Sitting Positions



A

- Place both feet on the ground
- Lean your chest forward slightly
- Rest your elbows on your knees
- Rest your chin on your hands



B

- Place both feet on the ground
- Lean your chest forward slightly
- Rest your arms on a table
- Rest your head on a pillow

# Tips to Reduce Shortness of Breath

- Stop your Exercise
- Rest in a Recovery Position
- Use the Pursed-Lip Breathing Technique
- Take your rescue inhaler (Ventolin, Salbutamol) as prescribed
- If you can't recover your breath, **Call 911**

# Abnormal Symptoms

- Pain or Pressure in your chest, arm, jaw, neck and back
- Intense joint pain
- Dizziness or Fainting
- Palpitations or Irregular Heart Beats
- Extreme Breathing Difficulties, Wheezing
- Headaches
  
- **If you experience one or more of these symptoms, STOP your exercise immediately**
- **If symptoms persist Call 911**

# BC Lung Association

- Staying Active Resources
  - <https://bc.lung.ca/patient-support/staying-active-home>
- Pulmonary Rehabilitation
  - <https://bc.lung.ca/patient-support/pulmonary-rehab-program-listing>
- Peer Support
  - <https://bc.lung.ca/how-we-can-help/patient-support-groups>
- Fundraising – Climb the Wall/ Step Up for the 1 in 5
  - <https://www.stairclimb.ca/>

# Prepare Yourself

- Talk to your doctor or health professional about being active
- Wear comfortable clothing
- Wear proper fitting, non-slip footwear
- Use your rescue bronchodilator (ie. Ventolin – blue inhaler) before your exercise session if directed and/or have your inhaler nearby
- Use your oxygen (if prescribed by your physician) during your exercise session

# Prepare a Safe Area

- Uncluttered space, free of tripping hazards
- Sturdy chair without wheels
- Have a helper, a phone, or medical alert available during the session
- If you are alone, consider unlocking your door if you feel safe doing so to allow emergency personal access
- Gather and inspect your equipment i.e. elastic band



# During Activity

- Use the Pursed Lip Breathing Technique
- Monitor your Effort and Response to Activity
  - i.e. RPE Scale, Blood pressure monitor, a pulse oximeter, an App on your phone
- Remember the tips to reduce Shortness of Breath
- Drink water as needed

# Should I stop?

- **ADJUST** effort as needed
  - Less repetitions or less resistance
  - Do an alternate exercise
  - Find ease through breathing or positioning
  - Move Slower or Take Breaks
- You should **STOP** when:
  - You notice an increase in pain
  - You can't do the exercise with good form
  - You have a safety concern

# Smile, It's time to Move

- Warm Up
  - Range of Motion
- Aerobic Activity
- Strength Exercises
  - Elastic Bands
  - Body weight
- Cool down/ Stretches
- Celebrate



# Questions

# DISCLAIMER

- This exercise video is taught by Alanna Simms, physiotherapist with Vernon Jubilee Hospital Pulmonary Rehabilitation Program.
- We want to provide an opportunity for you to continue to be physically active at home. It is **NOT** meant as a physiotherapy treatment and you are free to do the exercise or not.
- If you encounter issues while doing the exercises (symptoms of shortness of breath, chest pain, acute muscle pain, etc.) Please **contact your primary care provider to discuss.**
- For everyone, if your symptoms are acute and not improving with rest, you should **call 911 or your local emergency number.**
- If you have questions about the exercises, please contact an exercise specialist or Alanna through BC Lung Private Facebook Group.