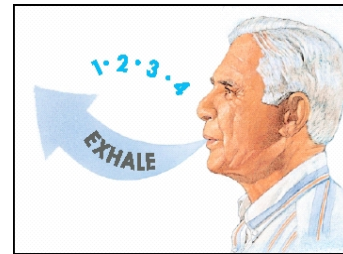
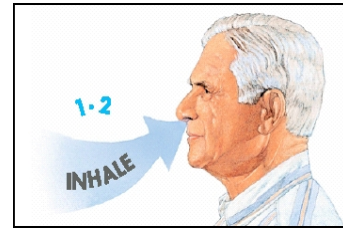


M1400 Managing Respiratory Exacerbations

Breathing Retraining

- Stay calm.
- Sit down in comfortable chair in front of a table
- Lean over and rest your arms and head on a pillow on the table.
- Begin pursed lip breathing (exhale as long as possible).
- Attempt deep breathing and relaxation exercises.



Pursed Lip Breathing

- Inhalation and exhalation ratio should be 1:2 (it should take twice as long to breathe out)
- Breathe in slowly through your nose for 3 slow counts.
- Purse your lips as if you were going to whistle.
- Breathe out gently through pursed lips for 6 slow counts. Let the air escape naturally. Do not force the air out of your lungs.
- Keep doing pursed lip breathing until you are no longer short of breath.
- Pursed lip breathing should be used during normal activities and exertion. You may also use it when upset, anxious or short of breath.

Diaphragmatic Breathing

- Sit in a comfortable position with back supported or resting comfortably in bed in a semi-reclined position. Loosen your belt and pants waist button.



- Place one hand on your stomach. Put the other hand on your chest.
- Locate your diaphragm by sniffing quickly
- Exhale slowly with pursed lips and gently push in with the hand that is on the diaphragm. W
- While exhaling relax your neck, shoulders and chest, and sink ribs down

and in as much as possible.

- Inhale deeply through the nose and allow the hand on your diaphragm to rise with the expanding diaphragm. The hand on your chest should be still.
- Practice your breathing during two 15 minute sessions, when you become comfortable with this technique, begin to incorporate it with your daily activities

