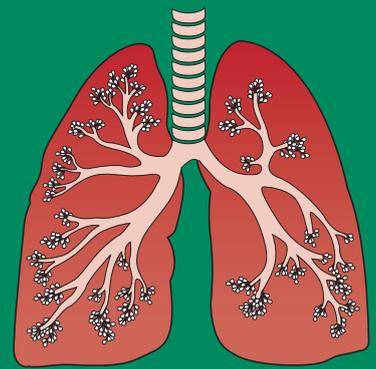


# Chronic Obstructive Pulmonary Disease (COPD)



In Partnership

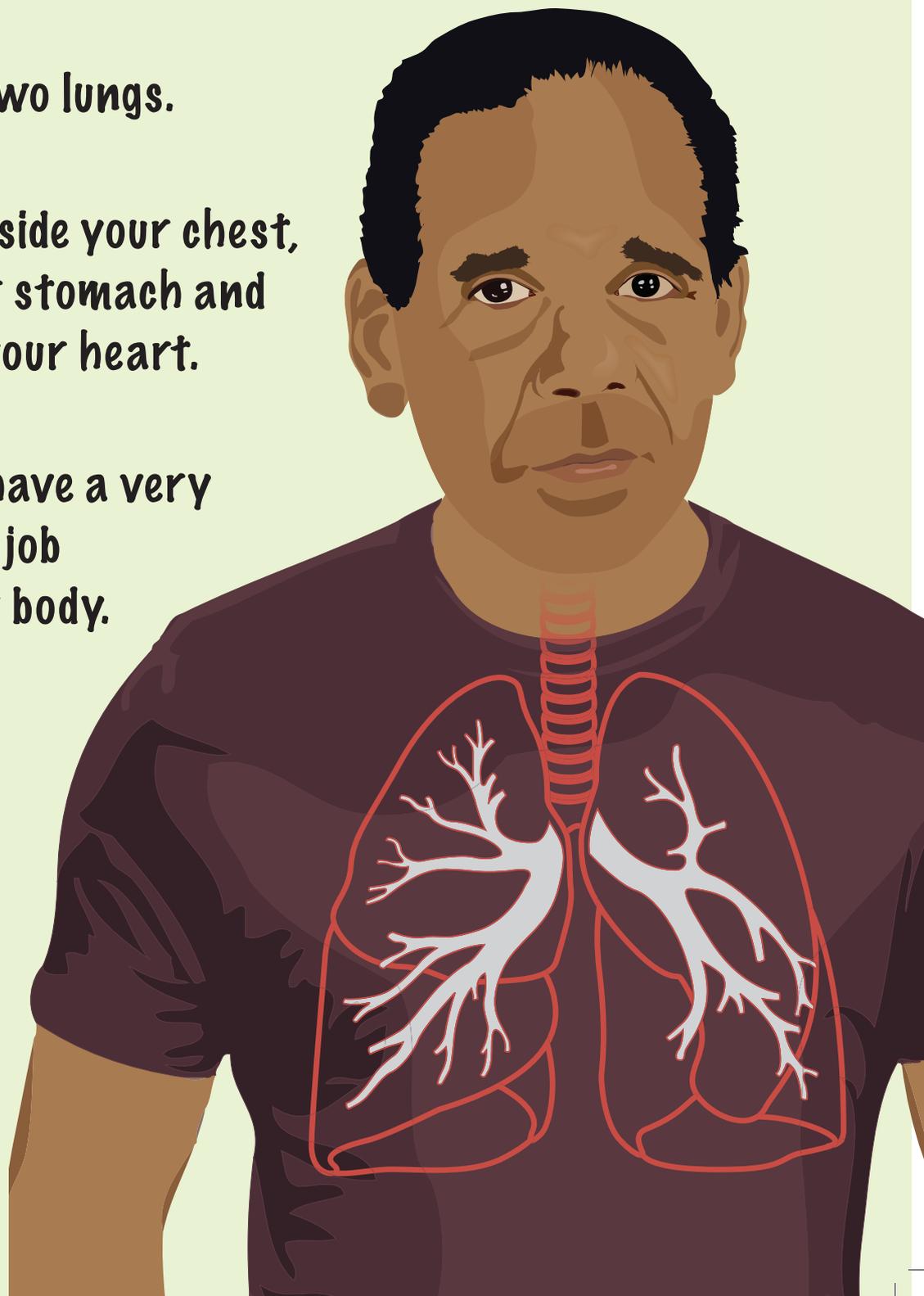


**Queensland Government**

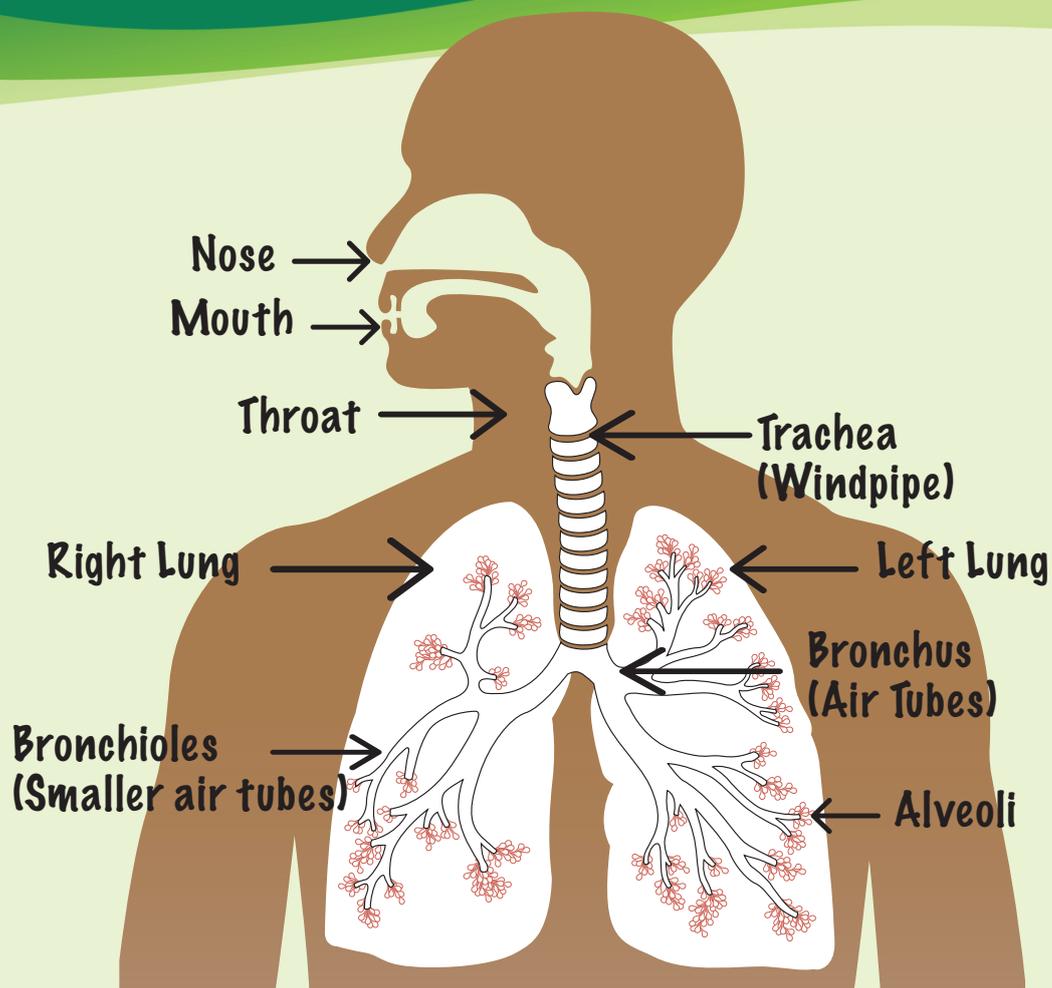


# The Lungs

- You have two lungs.
- They sit inside your chest, above your stomach and surround your heart.
- The lungs have a very important job inside your body.



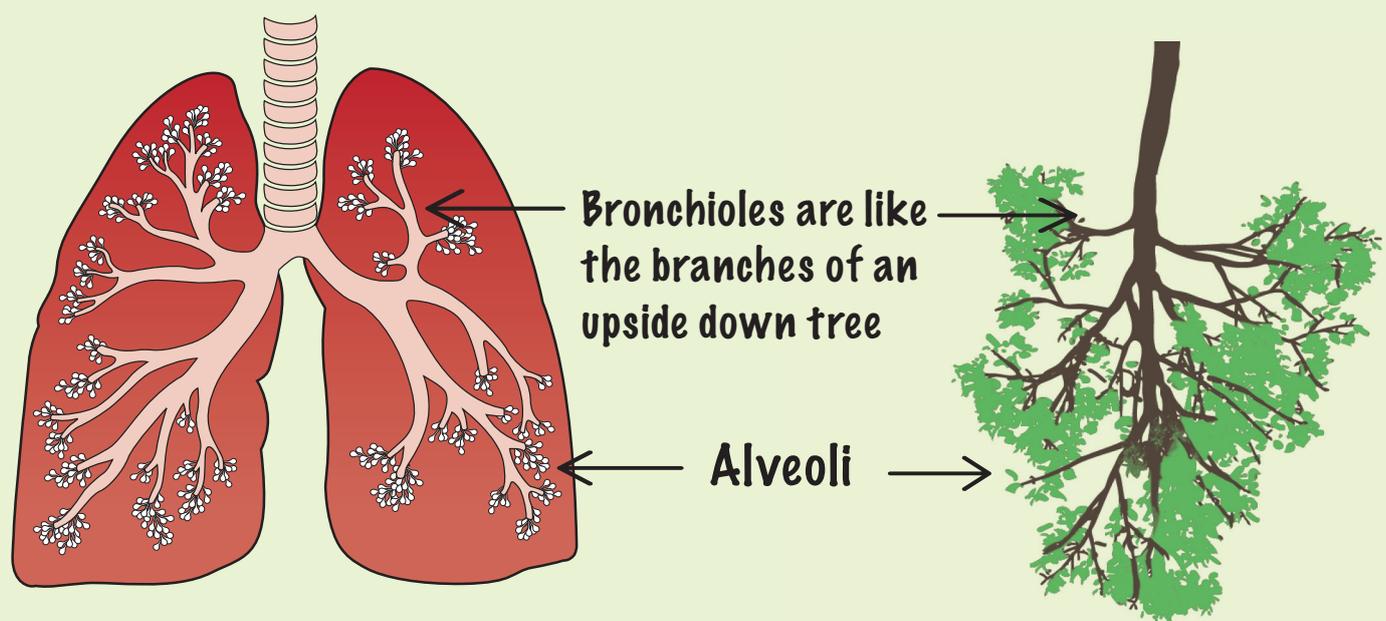
# The Lungs



- When you breathe in, air enters the lungs.
- The air enters in through your mouth/nose and travels down your windpipe.
- The wind pipe then divides into two smaller air tubes.
- One air tube goes into the left lung and one into the right lung (left and right bronchus).
- The air tubes then branch out into smaller air tubes (bronchioles).
- The air travels through the lungs and enters the body as oxygen.

# The Lungs

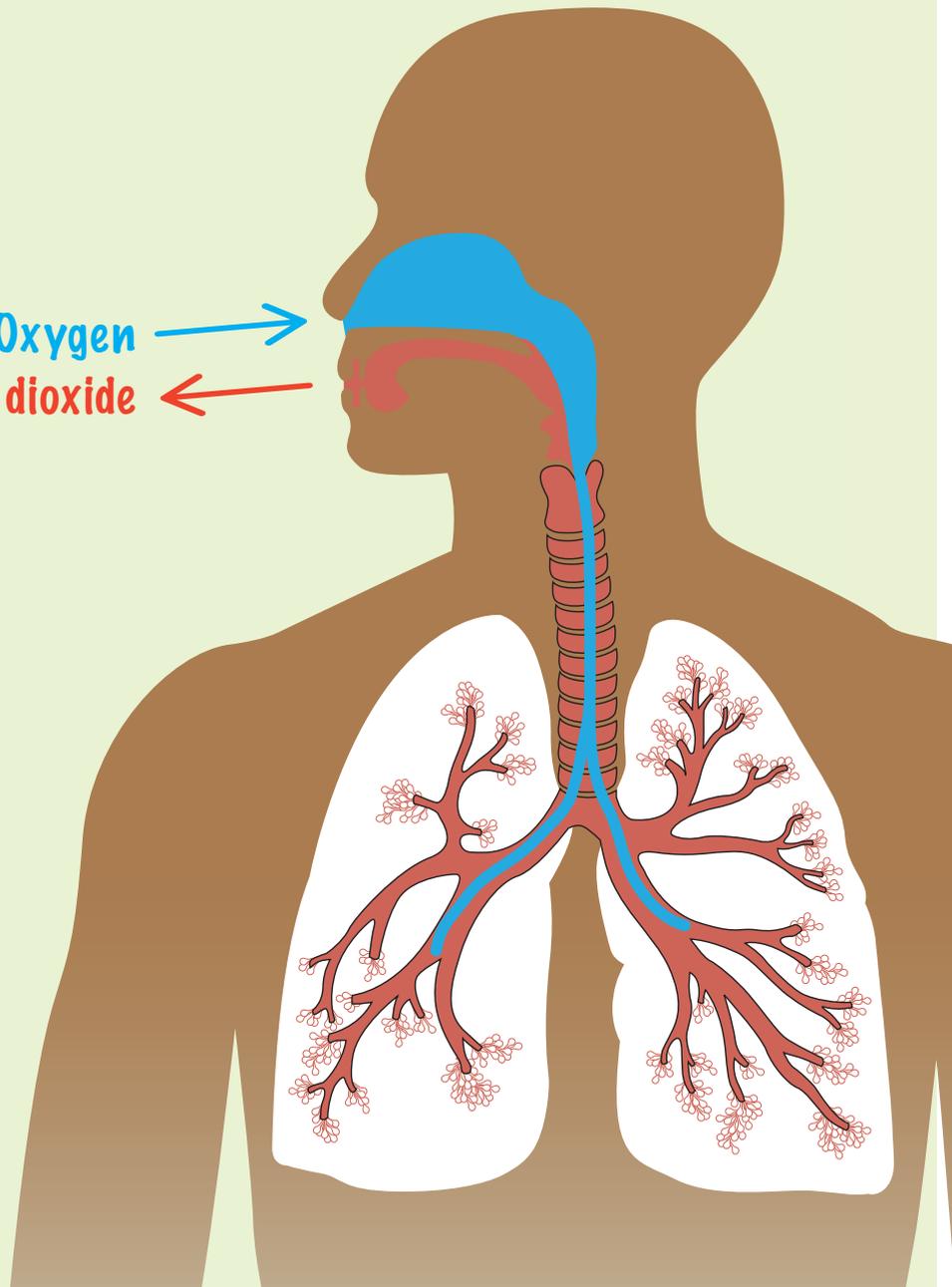
- The smaller air tubes (bronchioles) look like the branches of an upside down tree. At the end of the bronchioles are tiny little air sacs that look like tiny bunches of grapes, these are called alveoli.
- The air sacs (alveoli) have an important job of giving the good air (oxygen) to your blood and taking the used air (carbon dioxide) out.



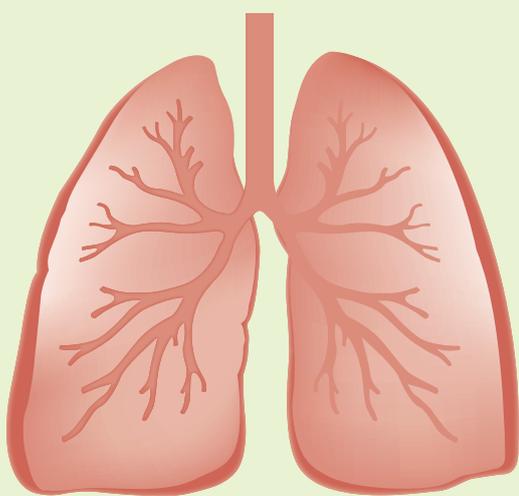
# The Lungs

Oxygen →  
Carbon dioxide ←

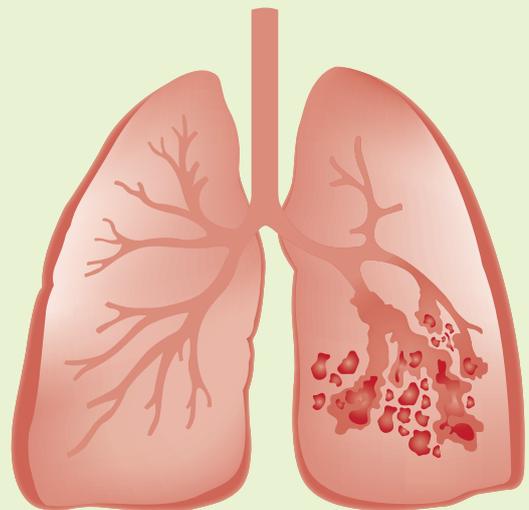
- You breathe in good air called **oxygen** and you breathe out used air called **carbon dioxide**.
- The good air (**oxygen**) you breathe goes into your lungs then goes into your blood. **Oxygen** gives your body energy to work properly.



# Chronic Obstructive Pulmonary Disease (COPD)



**Healthy**



**COPD**

# What is COPD?

**COPD = Chronic Obstructive Pulmonary Disease**

It is lung sickness that makes the air flow out of the lungs slow.  
It gives you short wind.

**Chronic** = means it won't go away.

**Obstructive** = means partially blocked.

**Pulmonary** = means in the lung.

**Disease** = means sickness.

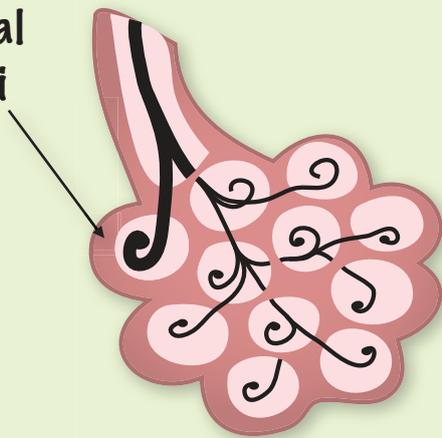
# What Causes COPD?

**Obstructive** = means partially blocked.

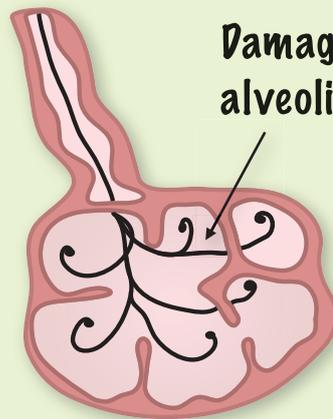
Blockage is caused by:

- The alveoli (air sacs) getting damaged. Not all the air comes out and so there is not enough room for new air to get in. This over stretches the air sacs.

Normal alveoli



Damaged alveoli



- The bronchioles (small breathing tubes) get swollen. Not much room left for air to move in and out
- Swollen bronchioles make more spit to try and soothe the swelling. The spit also blocks the breathing tubes.



# What Causes COPD?



- **SMOKING** - 1 in 5 people who smoke will get COPD.



- **Living and working in smokey and dusty places.**



- **Chest infections when you were a child.**

# Signs and Symptoms

**You may not have all of these symptoms, some might be:**

- **Coughing for a long time.**
- **Cough up spit.**
- **Have very short wind.**
- **Become tired easily.**

**You might have only one of these signs and symptoms, or you might have all..... everyone is different.**



# What Doctor's need to know?



Do you cough?



Have you ever smoked?



How long have you been sick?



Do you/have you worked?  
What type of work do you do?



Your Story



Do you get short wind when you walk?



Is there a lot of smoke or dust where you live or work?

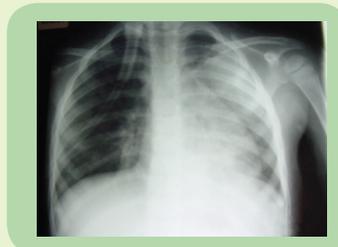


Do other members of your family have lung sickness?

# What tests do the doctors do?



Listen to your chest, temperature, pulse, respiratory rate and blood pressure.



Chest x-ray



Special x-ray (CT)

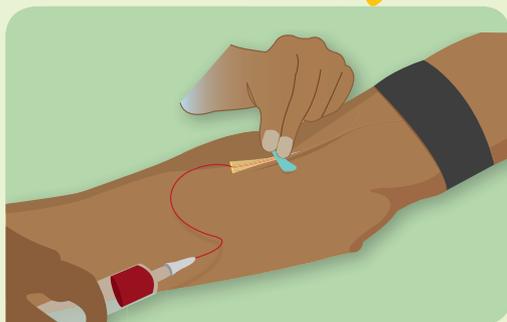
## Tests



Oxygen test



Spit test



Blood tests



PFT's - Pulmonary Function Test (Spirometry)

# There are different levels of COPD

## Mild :

You get short wind if you work or walk fast and go up hills and stairs.



## Moderate:

You find it harder to walk fast, go up stairs and hills and do jobs around the house.



## Severe:

You can only walk a few steps and you can not go up stairs or hills. You get tired easily.



# Treating COPD: Lifestyle changes

**Try and stop smoking, it might take a few tries to stop.**

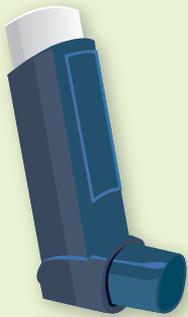


**There are medications to help you stop smoking - ask your doctor or health worker.**

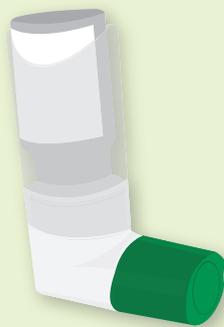
# Treating COPD: Medication

## 1 - Relievers

(Puffers to be used with a spacer)



Ventolin  
Puffer



Atrovent  
Puffer



Bricanyl  
Turbuhaler  
(not used with  
spacer)



### Relievers

Work fast.

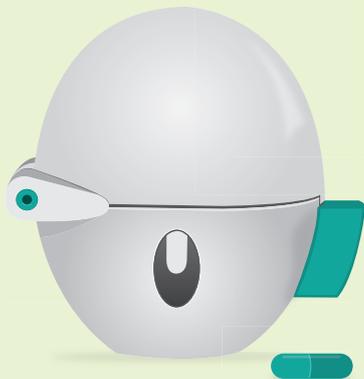
Help your short wind, cough  
or wheeze.

Open up the airways.

Help you cough up spit.

## 2 - COPD Medicine

Spiriva handihaler

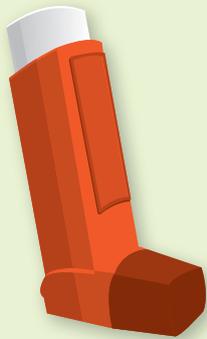


Onbrez Breezhaler

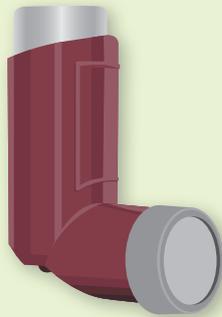


# Treating COPD: Medication

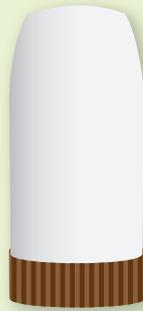
## 3 - Preventers



Flixotide  
Puffer



Qvar  
Puffer



Pulmicort  
Turbuhaler

### Preventers

Make airways less sensitive.

Reduce swelling.

Dries up thick spit/mucus.

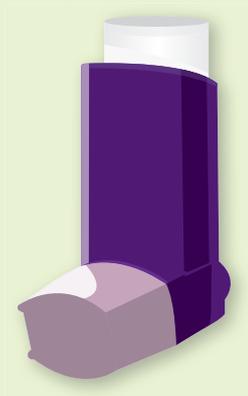


Prednisone tablets

## 4 - Combination



Symbicort  
Turbuhaler



Seretide Puffer

### Combination medications

Inhaled preventer and symptom controller. Prevent inflammation and swelling of the lining of the airways and keeps your airways open longer.

# How to use puffers with a spacer

**COPD puffer medicine is best taken using a spacer to get more medicine into the lungs.**

## How to use a puffer with a spacer

1. Remove the cap from the puffer.
2. Shake puffer well and put it into the hole at the end of the spacer.
3. Put the mouth piece of the spacer into your mouth, and close your lips around it. Breathe out gently.
4. Press down on the puffer once to spray medication into the spacer.
5. Breathe in and out for 4 breaths.

Wash the spacer once a month in warm soapy water.

Leave it to dry.

Do not rinse or wipe it dry.



# Treating COPD: Physiotherapy

You might see a physiotherapist who will teach you some exercises you can do everyday.

Exercises like hunting, fishing, walking, swimming can make you feel better and help you get rid of the spit inside your lungs.



Other exercises can be done with special breathing equipment.



The physiotherapist will teach you different ways to breathe.



# Treating COPD: Pulmonary rehabilitation

**Pulmonary rehabilitation is a program for people who have COPD. The program will help you feel better.**

**Lots of people will work with you to make a good program that will help you feel better.**

**The program will look at things like:**

- **Exercises.**
- **Helping you to understand your lung disease.**
- **Good ways to get the best out of food.**
- **Services that may help you to manage better.**



# Treating COPD: Eating well

## People with COPD

- Breathe fast.
- Use a lot of energy.
- Don't feel like eating.

If you eat 5 small/  
soft meals you will  
have more energy to  
do more activities and  
fight off infections.



If you don't eat well  
you will have no  
energy, become weak,  
get more infections,  
and won't be able to  
get around.

Your short wind is not as bad.

Your short wind will get worse.



Try and keep a healthy weight.

# Treating COPD: Stress/feeling sad

**People with COPD can feel very sad, you might worry about:**

- **Sickness.**
- **Work.**
- **Family.**
- **Money.**
- **Get scared when your breathing is worse.**



**How to feel less sad:**

- **Go out with family and friends.**
- **Eat small meals.**
- **Exercise often.**
- **Get plenty of sleep.**
- **Medicines may help.**
- **Talking to people about feeling sad.**

# Treating COPD: Oxygen

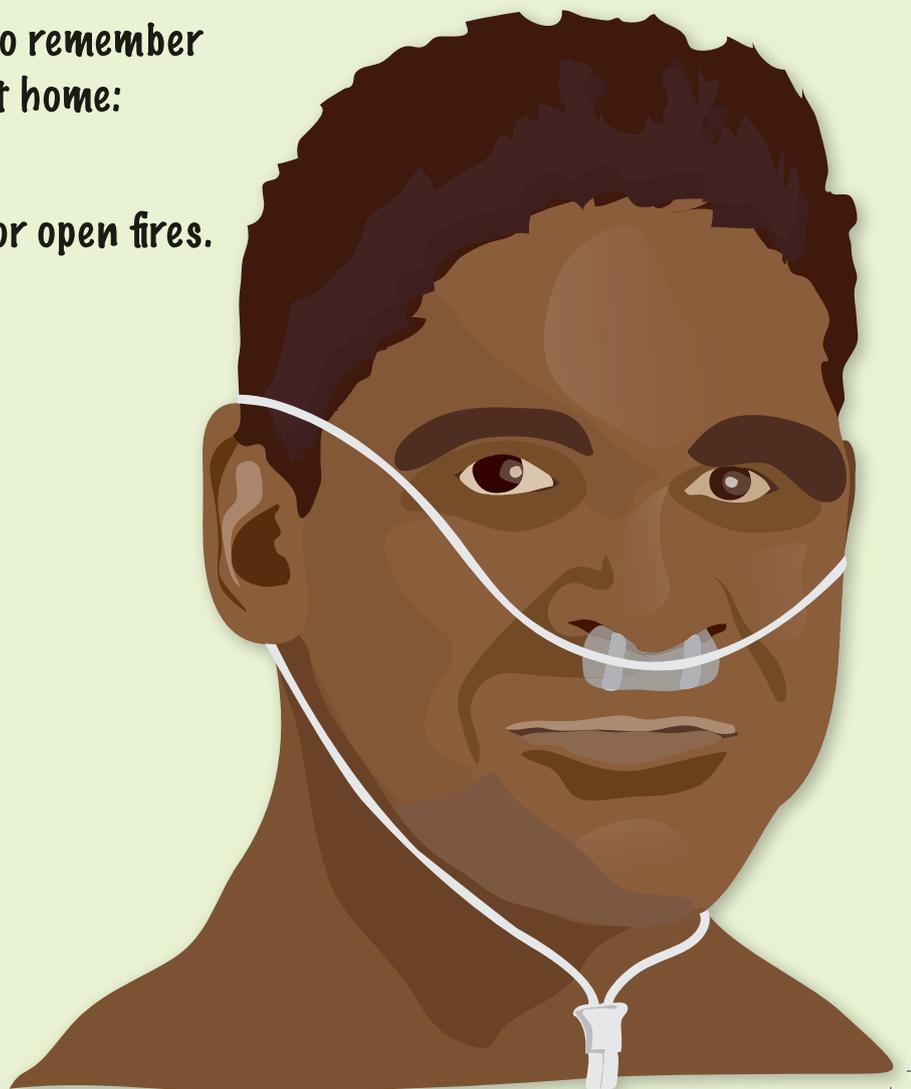
## **Not all people will need oxygen.**

Using oxygen can help you:

- Feel better when you wake up.
- Have less short wind when having a shower or walking.
- Think better.
- Have more energy.

There are important things to remember when you are using oxygen at home:

- No Smoking.
- Do not go near gas stoves or open fires.



# Working out how sick you are

## Use your action plan guide

### Feel Ok

Easy to breathe.  
Normal amount of spit/no bad smell.  
Normal medicine.  
Not feeling hot.  
Eating well.  
Normal energy levels.



### Feel a little bit sick

#### Go to clinic or Doctor

Hard to breathe.  
Bit more spit/yellow/green/no smell.  
More medicine to help short wind.  
Bit hot.  
Off food/feeling sick.

- Usual medicine increased.
- Antibiotic medicine.

### Feel Very sick

#### CALL AMBULANCE - GO TO HOSPITAL

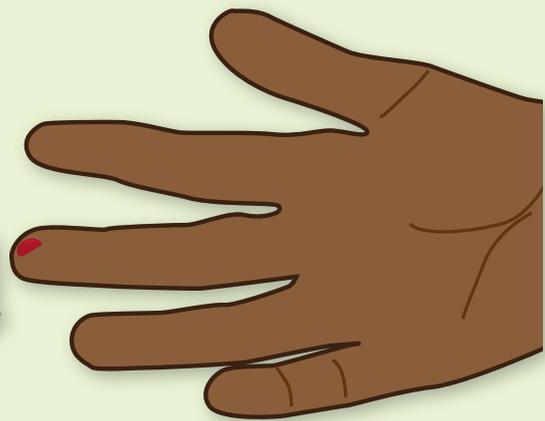
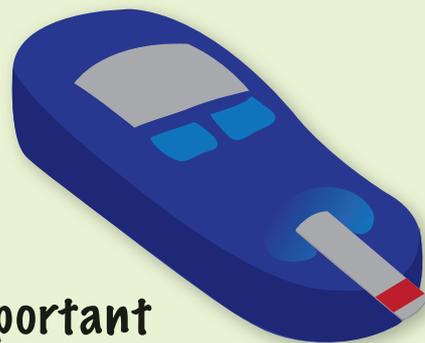
Very hard to breathe.  
Lots more/dark/thick/smelly spit.  
Lot more medicine for short wind.  
Hot.  
Not eating/vomiting.

- You will need to stay in hospital.
- Need oxygen.
- Increase usual medicine.
- Antibiotic medicine in a drip.
- Other medicines.

# Things to remember

Some people with COPD will often have other chronic diseases such as:

- Heart disease.
- Asthma.
- Diabetes.



It is very important to understand and look after these diseases.

# Ways to help improve your lungs

Quit smoking.



Visit your doctor/clinic

- when you are well.
- when you are sick.

Keep a healthy weight.



Eat small meals often.

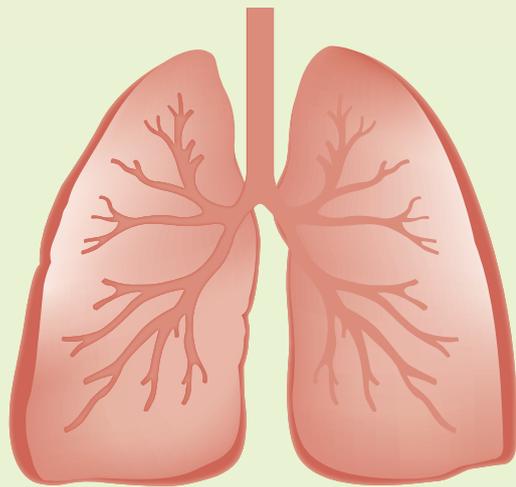
Stopping getting germs by keeping yourself clean.



Make sure you get all your immunisations like the flu needle every year.

# Why do we need to look after our lungs?

**Strong lungs can help you enjoy your life.**



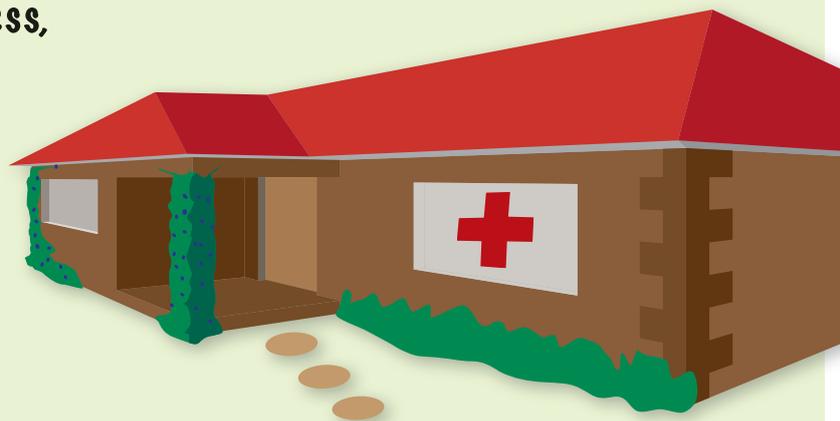
**If your lungs are sick, it is important to understand the sickness.**

**You need to know how to look after your sickness.**

**People with weak lungs can go on to have other problems later in life like heart problems.**



**Lots of people with lung sickness, spend a lot of time in hospital.**



# Acknowledgments

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- Menzies Child Health Division, Indigenous Reference Group
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- The Asthma Foundation Northern Territory
- The Australian Lung Foundation
- Department of Health and Families, Northern Territory Government

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