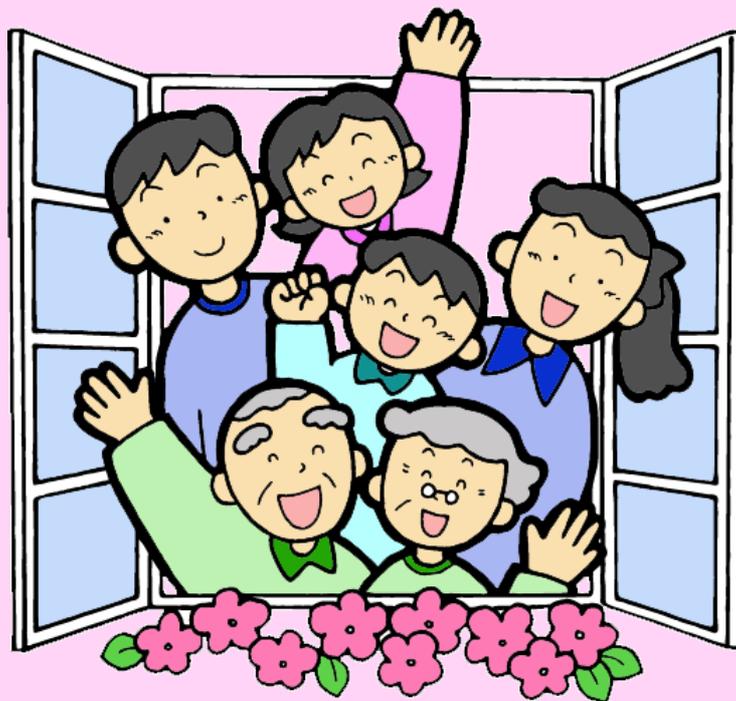


Appropriate Occupational Therapy according to your pathophysiological conditions



Department of Rehabilitation
NHO Toneyama National Hospital (Japan)
<http://www.toneyama-hosp.jp/>

To Perform Daily Activities without Breathing Difficulty !!

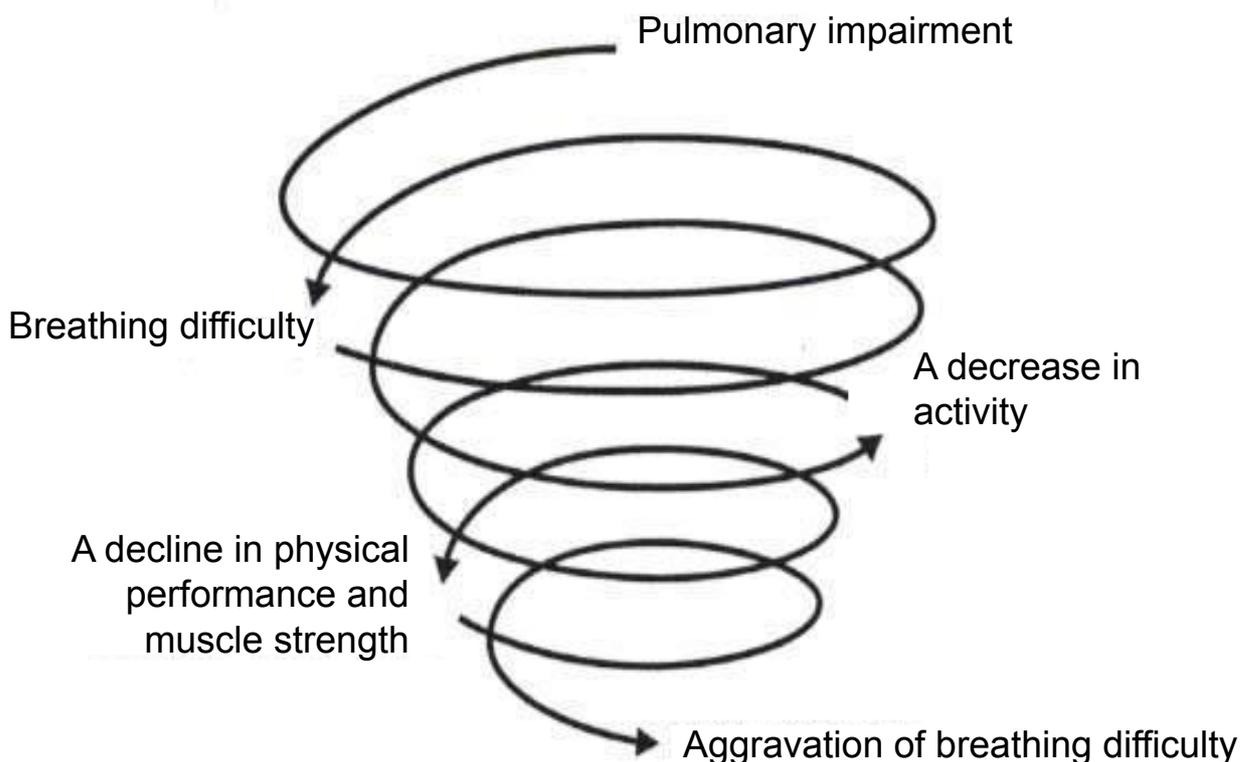
I. Review your daily activities.

Do you have breathing difficulty when performing daily activities?

Do you consider that it is inevitable to suffer from it?

As shown in the following figure, breathing difficulty is closely associated with a decline in the level of activity:

<A Negative Circle of Breathing Difficulty> *Partly Revised



In order to prevent this negative circle of breathing difficulty, it is important to perform each activity more comfortably.

II. Identify activities in which you feel breathing difficulty.

The first step is to identify activities in which you feel breathing difficulty. Check which activities cause you breathing difficulty when performing, based on the following list of the most common activities involving breathing difficulty in people with pulmonary disease:

※ Note: Activities involving breathing difficulty vary among individuals.

1、 Holding up the arm

⇒ It limits thoracic movements;
e.g., washing the hair, stretching upwards to pick something up, drying the washing



2、 Bending forward

⇒ It limits breathing-related diaphragmatic and thoracic movements;
e.g., wearing socks, washing the feet, stretching downwards to pick something up



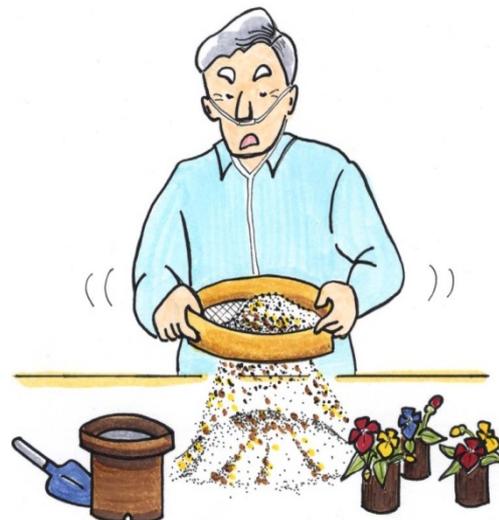
3、 Holding the breath

⇒ It prevents sufficient oxygen uptake, leading to an unstable breathing rhythm;
e.g., washing the face, evacuating the bowels, lifting a heavy object



4、 Repeating the same arm movement

⇒ Such a movement tends to accelerate, not in accordance with breathing rhythms;
e.g., washing the body, brushing the teeth, using the vacuum cleaner, cleaning the table, using a sieve



III. List your daily activities involving breathing difficulty.

Now you know which daily activities cause you breathing difficulty.
Enter them in detail in the following space:

A large yellow rectangular area with a folded bottom-left corner, intended for listing activities. On the left side, there are five black stars arranged vertically, serving as bullet points for the list.

IV. Effective methods to alleviate breathing difficulty

😊 <Performing each activity slowly adopting an appropriate breathing method>

Perform each activity continuously adopting an appropriate breathing method (such as pursed-lip and slow breathing methods). It is necessary to sufficiently train and practice in order to implement this method appropriately, as daily activities tend to be a combination of various movements. As the first step, concentrate on your breathing, and perform each movement slowly in accordance with your breathing rhythm.

😊 <Performing each activity efficiently>

Daily activities consist of habituated movements. Such unconsciously performed movements are frequently inefficient. Review your usual movements to streamline them. Your movement efficiency may also be improved by changing procedures of each activity.

<Taking a rest during activity>

- 😊 Take a rest if you feel breathing difficulty during activity. It is also appropriate to take a rest between successively performed movements. The point is to initiate the next movement after your condition has stabilized all the time. It is necessary even for those without feeling breathing difficulty to take a rest on some occasions.

<Arranging environments>

- 😊 Arrange your environments so that you can perform your activities more comfortably; for example, a chair in the dressing room may facilitate taking a rest after a bath. Frequently used items should be easily accessible.

V. Concrete examples

Here are some good and bad examples of performing daily activities, such as eating, self-care, toileting, dressing, and bathing, in terms of environments and movements to examine effective methods to alleviate breathing difficulty during activity:

Eating



1. Environments

The shape and height of the chair, distance between the table and chair

×



- Chairs without back
- Inappropriate arrangements of the table and chair for eating

◎



- Chairs with back
- Appropriate arrangements of the table and chair for eating

2、 Movements

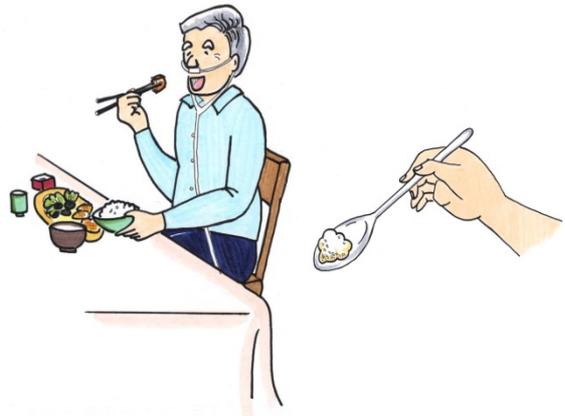
Breathing stops during each swallow, leading to an unstable breathing rhythm. Further, continuous eating-related arm movements while chewing tend to increase the physical burden.

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- Eating too quickly
- Preparing the next bite of food while chewing
- Placing the next bite of food in the mouth before swallowing
- Not taking a rest despite the presence of breathing difficulty
- Placing too much food into the mouth at one time

◎



- Eating at an appropriate pace
- Swallowing what is in the mouth before preparing the next bite of food
- Taking a rest during a meal
- Placing an appropriate amount of food into the mouth at one time

Morning care



1、 Environments

Use of a chair, arrangement of frequently used items

×



- Performing morning care in a standing position
- Placing frequently used items not within arm's reach

◎



- Performing morning care in a sitting or reclined position
- Placing frequently used items within arm's reach

2、 Movements

Tooth brushing and face washing tend to be performed with the arm up, involving repeated movements. Such movements easily accelerate in discord with breathing rhythms.

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- Holding up the elbow
- Perform each movement too quickly
- Washing the face without the cannula

◎



- Maintaining the elbow down
- Perform each movement slowly
- Washing the face with the cannula

Toileting



1、 Environments

Toilet style and location, use of a safety grab bar (for those who are unstable in a standing position)

×



- Japanese-style toilets
- Toilets located too far from the main room
- Toilets without a grab bar

◎



- Western-style toilets
- Toilets located close to the main room
- Toilets with a grab bar

2、 Movements

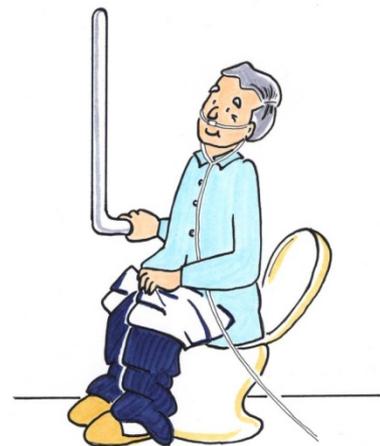
Stopping breathing when evacuating the bowels may lead to an increase in the blood pressure and breathing difficulty. The risk is higher in those who are constipated or with hard stools.

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- Stopping breathing when evacuating the bowels
- Having hard stools

◎



- Breathing out when evacuating the bowels
- Maintaining appropriate stools (through appropriate diet and fluid consumption)

Dressing



1、 Environments

Use of a chair, clothing designs and storage

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- Dressing in a standing position
- Clothes difficult to wear
- Placing clothes not within arm's reach

◎



- Dressing in a sitting position
- Clothes easy to wear
- Placing clothes within arm's reach

2、 Movements

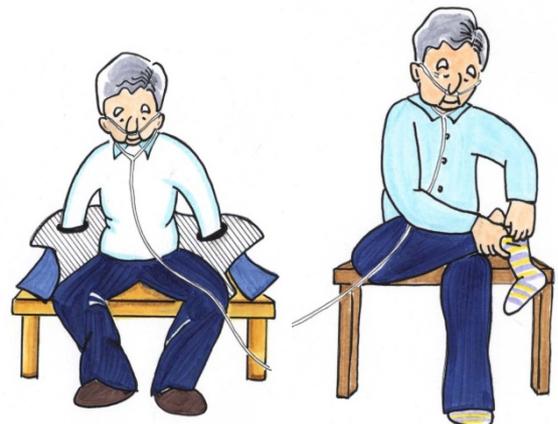
Breathing difficulty tends to worsen when holding up the arm to place it through the sleeve or bending forward to wear trousers and socks.

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- Holding up the arm frequently
- Bending forward
- Standing up frequently

◎



- Holding up the arm less frequently
- Avoid bending forward
- Standing up less frequently

Bathing



1、 Environments

Use of a chair and its height, use of a shower, disposition of necessary items (such as shampoo, soap, shaver, towel, and washbasin), temperatures in- and outside the bathroom

×



◎



- Washing the body in a standing position
- Rinsing the body using a washbasin
- Placing the necessary items on the floor
- A marked difference in the temperature between in- and outside the bathroom

- Washing the body in a sitting position
- Rinsing the body using a shower
- Placing the necessary items within arm's reach
- Maintaining an appropriate temperature in- and outside the bathroom

2、 Movements

Body- and hair-washing activities tend to be performed with the arms up, involving repeated movements. Such movements easily accelerate in discord with breathing rhythms.

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- Performing each movement quickly
- Bending forward to wash the feet

◎



- Performing each movement slowly
- Crossing the legs to wash the feet without bending forward

As the pulse rate increases when soaking the entire body in hot water, half-body bathing (soaking up to the pit of the stomach in a bathtub) with warm water is more recommended. If you become cold, use a shower to maintain your shoulders warm.

×



- Bathing with hot water
- Soaking the entire body in a bathtub

◎



- Bathing with warm water
- Soaking up to the pit of the stomach in a bathtub

Drying off in a standing position or quickly to avoid catching a cold tends to aggravate breathing difficulty. It is appropriate to take a rest after a bath, using a bathrobe to reduce drying movements.

×

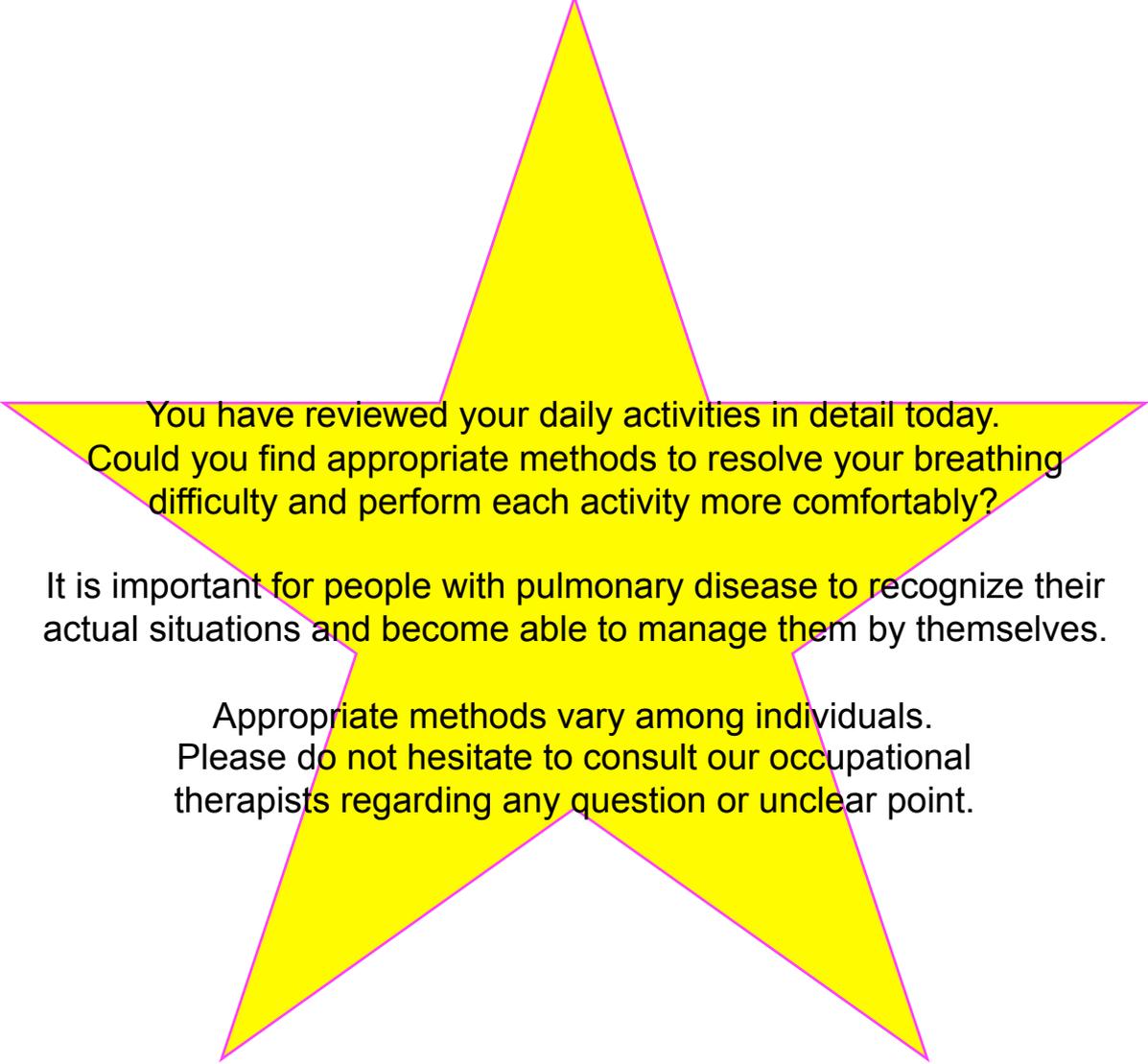


- Drying off in a standing position
- Not taking a rest

◎



- Using a bathrobe
- Taking a rest in a sitting position



You have reviewed your daily activities in detail today.
Could you find appropriate methods to resolve your breathing
difficulty and perform each activity more comfortably?

It is important for people with pulmonary disease to recognize their
actual situations and become able to manage them by themselves.

Appropriate methods vary among individuals.
Please do not hesitate to consult our occupational
therapists regarding any question or unclear point.



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