

## PULMONARY REHABILITATION Patient Learning Priorities

Like most people with pulmonary problems, chances are that you have a number of questions & concerns. We want to be sure to provide you the education & information that is most important to you. Please review the list of topics below and **check-off five** that are of greatest interest to you at this time. Feel free to add other questions or topics that are not on the list.

CHECK HERE	TOPICS	FOR STAFF USE
	Activities do's/don'ts during recovery	
	Alcohol and my disease	
	Are there any special breathing techniques?	
	Best ways to use inhalers, spacers, etc	
	Blood pressure: my numbers, good or bad?	
	Blood sugar: my numbers, good or bad?	
	Chest pain: what to do?	
	Coping with lung problems	
	Diabetes	
	Eating for good health	
	Emergency plan for home	
	Emotional changes after lung diagnosis	
	Exercising for my health	
	Family support & struggles	
	Help with oxygen equipment	
	How to cope with secretions	
	How do they do a lung transplant?	
	How do I know if I have sleep apnea?	
	Inactivity and my disease process	
	Is it COPD or Emphysema or Asthma?	
	Lab values: good or bad?	
	Lung tests: what I had, what it means	
	Medications	
	My breathing symptoms	
	Oxygen: When do use it?	
	Pulmonary Rehab: what, why & how?	
	Pulse oximeter: Do I need one?	
	Relaxation techniques	
	Sexual activity	
	Smoking: why & how to quit	
	Stress & panic	
	Travel	
	Weather precautions for exercise	
	Weight issues	
	What is COPD?	
	What is pulmonary fibrosis?	
	What symptoms should I worry about?	
	Work questions	