**COPD Resources**

[**https://www.lung.ca/lung-health/lung-disease/chronic-obstructive-pulmonary-disease-copd/resources**](https://www.lung.ca/lung-health/lung-disease/chronic-obstructive-pulmonary-disease-copd/resources)

[**https://www.lung.ca/lung-health/lung-disease/copd/triggers**](https://www.lung.ca/lung-health/lung-disease/copd/triggers)

**<https://www.lung.ca/lung-health/lung-disease/copd/flare-ups>**

**COPD Action Plan**

* DRINA I have attached this separately since I am not sure how to attach a PDF into a word document. Need help with that!! The link gives a 12 page action plan which is TOO MUCH for patients. I saved a separate one that is only 2 pages.

**COPD - Breathing & Secretion Clearance Techniques**

**Purse-lip breathing (American Lung association) – TO HELP WITH SHORTNESS OF BREATH**

[**https://www.youtube.com/watch?v=7kpJ0QlRss4**](https://www.youtube.com/watch?v=7kpJ0QlRss4)

**Diaphragmatic Breathing (American lung association) – TO HELP WITH SHORTNESS OF BREATH**

[**https://youtu.be/wai-GIYGMeo**](https://youtu.be/wai-GIYGMeo)

**Huff Cough – HELPS CLEAR PHLEGM FROM CHEST**

[**https://youtu.be/SJIMaw81ulk**](https://youtu.be/SJIMaw81ulk)

**Home Exercise**

***If link does not work, it is free to sign up to Living Well with COPD***

**<https://www.livingwellwithcopd.com/21-documentation-and-tools.html?paysID=1&catID=21>**