Chronic Obstructive Pulmonary Disease

Manage your breathlessness and your condition

The Self-Management for Life COPD programme has been developed to give those with Chronic Obstructive Pulmonary Disease or breathing related long-term health conditions practical solutions and techniques to better manage their condition.

Programmes are delivered by fully-trained peer tutors who live with a long-term condition or care for someone with a long-term condition and have previously attended a self management uk course.

self management uk programmes use cognitive-behavioural and psychosocial approaches, empowering patients to manage their conditions.

Patients who attend self management uk programmes report an improved sense of well-being and better understanding of their condition. With greater ownership, patients require less support from healthcare professionals, attend accident and emergency (A&E) less frequently, and report more effective adherence to drug regimes, in turn lowering medication costs for prescribers.
Self Management for Life COPD Programme

For

Anyone with COPD or a chronic lung condition

Course type

7 week course • 3 hours per week

Benefits to Patients

- Adoption of positive self-care behaviours
- Better quality of life
- Reduced stress
- Understanding adoption of self-management tools & techniques
- Peer support
- Improve physical symptoms and overall health

Course Content Overview

- What is COPD?
- Balancing life with COPD
- Physical activity with COPD
- Managing breathlessness
- Socialising with COPD
- Muscle relaxation
- Recognising fatigue
- Managing medication
- Handling setbacks
- Communicating with your healthcare team
- Planning to stay well

Previous participants say:

“I feel better in myself and more able to cope with life. The course tutors were helpful without being condescending”

As an experienced organisation that designs and delivers health education programmes to numerous groups, we can work with you to develop a programme which exactly suits the needs of your population.

For more information call us on 03333 445 840 or email hello@selfmanagementuk.org