

# Group Program Outline - COPD

(Single Session – 90 minutes)

At the end of the session, participants will have reviewed:

What is COPD

- What causes COPD
- Pathophysiology
- Cardinal symptoms

How is COPD diagnosed

Management strategies

1. Smoking cessation
2. Medications
  - Benefits
  - Types of Medication
  - How they work
  - How to use inhalers
3. Vaccinations
4. Benefits of exercise
5. Managing stress and anxiety
6. Healthy Nutrition
7. How to manage and prevent flare ups

Resources