



# FUNCTIONAL FRIDAY

## Chronic Condition Management: Energy Conservation for COPD

### 8 Main Tips to Conserve Energy:

- Simplify tasks and set realistic goals for what you want to achieve
- Plan activities ahead of time and space activities out throughout the day
- Rest before and after activities
- Get a good night's sleep and elevate your head while sleeping
- Do all grooming, such as shaving or drying your hair, while sitting
- Use assistive devices, such as a walker, shower chair, hand-held shower head, bedside commode,

or long-handled tools for dressing such as a shoe horn and sock aid

- Avoid extreme physical activity
- Use the pursed-lip breathing technique to make breathing more effective

More information on pursed lip breathing:

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/patient-resources-and-videos/pursed-lip-breathing-video>

Cleveland Clinic. (2018). COPD: Conserving your energy.

<https://my.clevelandclinic.org/health/articles/9449-copd-conserving-your-energy>

Ohio Department of Health. (2021). Chronic disease.

<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/chronic-disease/chronic-disease>

Cleveland Clinic. (2018). Pursed lip breathing.

<https://my.clevelandclinic.org/health/articles/9443-pursed-lip-breathing>