Sound Doctor Videos for patients - COPD

Section 1 – introduction	Section 2
1. Getting started 2. What is COPD? 3. How can COPD affect my life? 4. Smoking and COPD 5. Exacerbations 6. You and your medicines 7. Getting the best out of your inhalers 8. Breathing techniques 9. Finding out more	1) Getting started 2) What is COPD? 3) Why have I got COPD? 4) How can COPD affect me? 5) Discovering you have COPD 6) How can COPD affect my mood? 7) Why do I feel breathless? 8) Coping with breathlessness 9) You and your medicines 10) Living with inhalers 11) Getting it right (inhaler technique) 12) Where can I find out more? 13) How your healthcare team works 14) Getting the best out of your GP 15) Getting the best out of yourself 16) Staying positive 17) You're not alone!

Section 3	Section 4
1) How can self-management help me? 2) Smoking and COPD 3) Why it's hard to quit 4) Tools to help you quit 5) Air pollution and COPD 6) Cold weather and COPD 7) Hot weather and COPD 8) What is an exacerbation? 9) What can I do if I have an exacerbation? 10) Clearing your chest 11) Some devices that may help 12) Can I avoid having exacerbations? 13) Breathing control 14) Breathing techniques that may help 15) Why do medicines matter? 16) Medicines you may come across 17) Keeping active 18) Keeping an eye on your weight 19) Looking after yourself 20) Staying positive 21) You're not alone!	1) What are my inhalers for? 2) Getting the best out of your inhalers 3) The metered dose inhaler 4) The Easi-Breathe inhaler 5) The Accuhaler 6) The Turbohaler 7) Steroids 8) Antibiotics 9) Oxygen 10) How to use your nebuliser 11) What is Pulmonary Rehabilitation? 12) How can Pulmonary Rehabilitation help? 13) Why do I feel anxious? 14) Spotting the signs of depression 15) Coping with anxiety and depression 16) Nicotine Replacement Therapy 17) Quitting smoking – help and support 18) Breathe Easy 19) You're not alone!