**APPENDIX 3: KNOWLEDGE AND SKILLS RELATING TO CHRONIC AIRWAYS DISEASE AND ITS MANAGEMENT**

|  |  |  |  |
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|  | BASELINE | IMMEDIATELY POST SESSION 2 | WEEK 6 |
| DEFINITION |  |  |  |
| CAUSES |  |  |  |
| SYMPTOMS |  |  |  |
| DIAGNOSIS |  |  |  |
| MANAGEMENT |  |  |  |
| * **Medications** ( SABA / LABA/ SAMA/LAMA/ICS/Home oxygen/Home nebuliser   + rationale   + inhaler technique   + action and effects   + side effects * **Exacerbation**s   + Recognition of deterioration   + Action plan     - Written     - Medications     - Breathing strategies     - Seeking help |  |  |  |
| * Airway clearance strategies (if relevant)   + Rationale   + Technique |  |  |  |
| * Indications for medical review   + GP   + Specialist |  |  |  |
| * Lifestyle |  |  |  |
| * + Smoking cessation     - Rationale     - Cessation aids |  |  |  |
| * + Exercise and pulmonary rehabilitation     - Rationale     - Options |  |  |  |
| * + Nutrition     - Rationale     - Options |  |  |  |
| PROGNOSIS |  |  |  |

KEY:

1=low

2=moderate

3=high

Grades to be agreed by both respiratory physician and research nurse.