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

|  |  |  |  |
| --- | --- | --- | --- |
|  | 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.