

6 STRATEGIES FOR SHORTNESS OF BREATH

If you're feeling short of breath, take a moment to stop what you're doing and sit down to relax and catch your breath. If that doesn't relieve your symptoms follow these easy steps.

1

TRIPOD POSITION

Sit or stand leaning forward and supporting your upper body with your hands on your knees or on another surface such as a table.



2

PURSED-LIP BREATHING

Relax, breathe in through your nose for 2 seconds, pucker your lips like you're going to whistle and breathe out over 4 seconds.



3

RESCUE INHALER

Use your rescue inhaler with a spacer as directed when feeling shortness of breath.

4

HAND HELD OR STATIONARY FAN

Research has shown that a cool draft of air can reduce the feeling of breathlessness. The fan can help you stay in control of your breathing and recover your breathing more quickly. Place the fan away from your face about 6 inches and direct the air towards the central part of your face so that you feel it around the sides of your nose and above your top lip. You should feel the benefit within a few minutes.

5

MIST BOTTLE FILLED WITH WATER

Spray your face lightly with a mist of water and then have the fan blow air across your face to create a cooling feeling. This immediately helps you feel that you are breathing easier.

6

IF YOU USE HOME OXYGEN

If you're still feeling shortness of breath you can increase your flow **as directed by your Respiratory Therapist or Clinician** from ___LPM to ___LPM to help with sudden shortness of breath. Once you feel better turn your flow back to original setting.