

Table 3A. Get-Together Themes and Discussion Topics by Session

Themes	Topics Description
<p><u>Theme #1</u> Ways to Breathe Easier</p>	<ul style="list-style-type: none"> • Ways to perform daily activities with less shortness of breath • Pursed-lip breathing • Discussion of general experiences with COPD and providing/receiving help and support
<p><u>Theme #2</u> Recognizing Signs of a Flare-up</p>	<ul style="list-style-type: none"> • COPD exacerbations (flare-ups) and how to manage them • Action plans and how to use
<p><u>Theme #3</u> Coping with COPD</p>	<ul style="list-style-type: none"> • COPD impact on life • Managing feeling short of breath • Managing feelings of anxiety and depression
<p><u>Theme #4</u> Getting the Most of Your COPD Medications</p>	<ul style="list-style-type: none"> • COPD treatments • Inhaler use • Rescue inhalers vs. maintenance inhalers vs. nebulizers • Managing medication costs
<p><u>Theme #5</u> Getting Acquainted with Oxygen Usage</p>	<ul style="list-style-type: none"> • Oxygen therapy: when is it needed and how to use safely • Traveling with oxygen • Getting comfortable using oxygen in public
<p><u>Theme #6</u> Becoming More Active</p>	<ul style="list-style-type: none"> • Importance of staying active • Becoming more active • Pulmonary rehabilitation and its benefits
<p><u>Theme #7</u> Lifestyle Modification with COPD</p>	<ul style="list-style-type: none"> • Diet changes • Planning a daily routine and pacing yourself • Support for smoking cessation • Preventing and being proactive about COPD
<p><u>Theme #8</u> Preventing Breathlessness</p>	<ul style="list-style-type: none"> • Irritants you should avoid • Protecting yourself from infections