

Appendix C. BREATHE2 Educational Materials

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BREATHE Pal Guide

What Should I Try to Avoid?

- **Preaching** and giving instructions
- **Giving medical advice.** (ex. recommending doctors or medications) Instead, just **share your own experience of what works for you.**
- **Judgment** or criticism. Every person has their own challenges and solutions.
- **Pressuring peers** to share information or to do what is “good for themselves”. **We cannot “fix” others.** But we can help them reach their own solutions through ongoing conversations, support, and encouragement.
- **Being inaccessible** to your peer. If your peer tries to reach you and you are unable to call back within a day, please let the social worker know so she can respond in the interim.
- **Talking about controversial topics** (ex. politics and religion - topics that might make peers feel uncomfortable)
- **Talking about unrelated personal issues** (ex. money and finances)

Contact the Social Worker if:

- A peer has questions about their healthcare, social support, or other issues.
- You have concerns about a peer.
- A peer talks or acts in a way that makes you feel they may be a danger to themselves or others.
- You are not able to attend a Get-Together. Even if it's last-minute, please call so that the Social Worker can plan accordingly.
- You have questions or want advice about how to support a peer.
- You have questions about your own treatment or healthcare.
- You are feeling burdened or stressed out in your BREATHE Pal role.

Remember, the Social Worker is dedicated to helping the BREATHE Pals, and is there to support you.

Johns Hopkins IRB00114571

Document last revised 5/11/2017

BREATHE2
Better Respiratory Education And
Treatment Help Empower

BREATHE PAL Guide

What is a BREATHE Pal?

A **BREATHE Pal** is someone who has learned to manage their COPD and wants to help others do the same.

To succeed in helping others, a **BREATHE Pal**

- **listens** closely and provides **support and encouragement**
- **shares information**, tips, and their **personal experience with COPD**
- **never judges** and always **keeps what is said confidential**

BREATHE2 Study is funded by a grant from the
Patient-Centered Outcomes Research Institute (CDR-1507-31247).

Guide for Peer Phone Calls

Opening Greeting; Introduce yourself

- Ask how they've been doing since you last talked.
- Congratulate them on any progress towards goals. (ex. trying to stop smoking, walking more)

Conversation Focus

- Discuss the topics from the last Get-Together, and any other Roadmap topics that your peer would like to talk about.
- Ask about the peer's experience or thoughts on these topics and share any relevant experiences of your own.
- Ask if they have any questions, concerns, or challenges they'd like to talk about.

Closing Remind them of the date of the next “Get-Together” and that you are looking forward to seeing them then.

If the conversation becomes difficult, try:

- Re-affirm feelings. (ex. “That must feel frustrating”)
- Find the positives. (ex. “I'm glad your daughter was there to help when you were feeling that way”)
- Change the topic to something more pleasant.
- Take a break and plan to continue conversation at a later time.

Plans for the Group Get-Together

Welcome

Greet peers as they arrive, particularly anyone whom you have talked with on the phone.

Opening and Introductions (5 min)

Review agenda and Get-Together rules.

Ice-Breaker Group Activity (15 min)

Group Education and Discussion (20 min)

Use the Get-Together Topics Table and opening questions as a springboard for discussion. Use the printed education materials and frequently asked questions as reference. Share your own experiences and thoughts on the topic and invite others to share too.

Sharing Time (20 min)

Invite peers to share their experiences, successes, challenges, and concerns since the last meeting. Encourage updates on taking small steps/ mini-goals. Sharing your own efforts can help encourage others to share.

Social Time (20 min)

Free time to mingle and socialize. At this time, peers can also speak individually with you and/ or the Social Worker as needed.

Next Steps (10 min)

Regroup; Invite peers to write down their personal small steps/mini-goals for the coming month. You can also write your own if you wish.

Communication Tips

Listen, and avoid interrupting. Restating what people say shows that you are really listening.

- “Sounds like you're saying that...”

Ask open-ended questions to encourage your peer to talk.

- “Can you tell me more about...”

Show empathy by recognizing emotions.

Peer: “I had to go to the emergency room because I couldn't breathe.”

You: “That must have been very scary for you.”

Compliment efforts, encourage small steps, and focus on the positive.

- “You've taken the first step. That's great!”

Reassure when appropriate and maintain hope:

- “I also failed to quit smoking the first four times, but made it on my fifth attempt!”

Share your experiences/what worked for you:

- “I had a similar experience ...”
- “What worked for me was...”

Show that you're willing and available to provide support:

- “I'll be here to help you, as long as it takes”
- “I'll give you a call next week to check on how your plan is coming along.”

Stay honest and open to build trust.

It's okay to say, “I don't know. Let's find out.”



Welcome to the BREATHE2 Program!

This program was developed by medical experts, researchers, and people who have COPD or care for someone who has COPD. These materials do not substitute for professional medical care. If you have questions or concerns, please talk with a healthcare provider.

Below are the program contents and where you can find them:

You and COPD

- My COPD Roadmap

Breathing and COPD

- What is COPD?
- How do we breathe?
- What causes COPD?

COPD Treatment

- How is COPD treated?
- How to use COPD inhalers?
- How can I tell if my inhaler is empty?
- Nebulizers
- COPD medications and how they work.

Oxygen Therapy

- What should I know about oxygen therapy?
- How to use oxygen safely?
- How is oxygen usually take?



Breathing Techniques

- Are there breathing techniques that can help me breathe easier?

Managing Breathlessness

- How to handle feeling out of breath?
- How to manage anxiety feeling?

Avoid Irritants

- How do I recognize and avoid irritants?

COPD Flare-ups and Action Plan

- What is a COPD exacerbation of 'flare-up'?
- How can I protect myself from infections?
- How to manage flare-ups?

Support to Stop Smoking

- Is there really a benefit to stop smoking after all these years?
- Where can find help to stop smoking?

Staying Active

- Can I stay active with COPD?
- Is there an easy way to stay active?
- When is it safe for me to exercise?
- What is pulmonary rehabilitation and why join it?

Daily Activities with Less Shortness of Breath

- Getting on with life: How to do your daily activities with less shortness of breath

Eating well

- Eating well with COPD

Travel Planning

- Special things to do when planning a trip