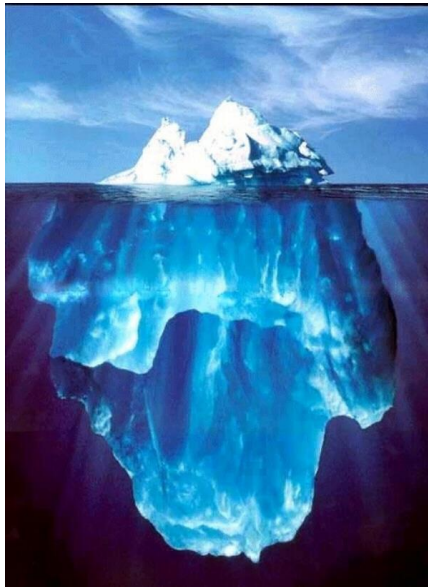


**NICOSIA GENERAL HOSPITAL  
PULMONOLOGY CLINIC  
Director: Dr. Tonia Adamides MD, MSc, PhD**

# **COPD SCHOOL**

**(Chronic Obstructive Pulmonary Disease)**

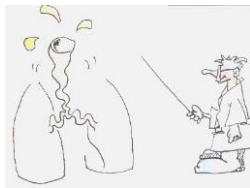


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## **Empower Yourself through Education to take control of the Disease**

### **What is Chronic Obstructive Pulmonary Disease (COPD)?**

- COPD is a condition characterized by airflow limitation that is not fully reversible, this airflow restriction is typically progressive and is associated with an abnormal inflammatory response of the lungs to harmful particles or gases – primarily cigarette smoke.



### **How it caused?**

The most significant risk factor is smoking



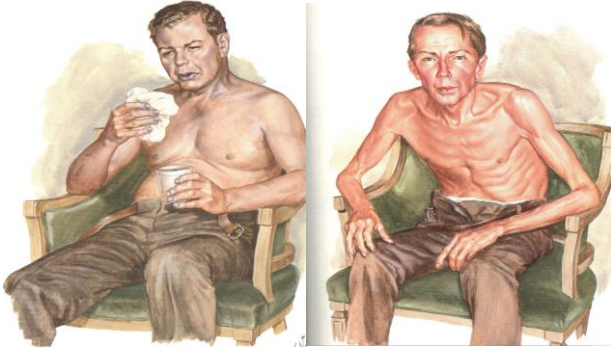
**OTHER CONTRIBUTING FACTORS:**  
Occupational exposure, environmental pollution



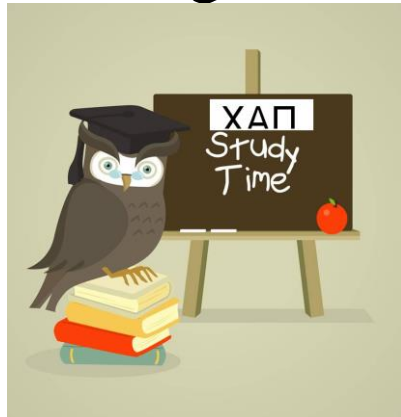
## **WHAT ARE THE SYMPTOMS OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE?**

- Morning cough (“smoker’s cough”)
- Frequent and recurring respiratory infections
- Difficulty performing daily activities due to breathlessness – initially during stair climbing, walking uphill or lifting objects, and later even during simple tasks such as dressing, bathing, or using the hands.
- Wheezing, i.e. a whistling sound during breathing.

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) is classified to CHRONIC BRONCHITIS and EMPHYSEMA, or a combination of both conditions**



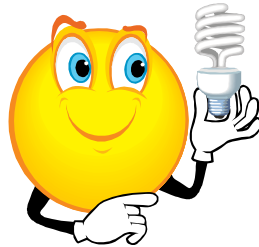
**WHAT IS COPD SCHOOL?**



**This is an educational space for patients living with COPD and their family members, with the following objectives:**

- **TO PROVIDE PATIENTS AND THEIR RELATIVES WITH THE OPPORTUNITY TO BECOME INFORMED AND GAIN A DEEPER UNDERSTANDING OF THE DISEASE**
- **TO OFFER PROPER TRAINING FOR THE MANAGEMENT AND PREVENTION OF COPD**
- **TO FOSTER ESSENTIAL COLLABORATION BETWEEN PATIENTS AND THEIR PHYSICIANS**
- **TO HELP IMPROVE THE OVERALL QUALITY OF LIFE**

## **HOW DOES THE COPD SCHOOL OPERATES?**



### **▪ STAGE 1**

Includes briefing the group (patients and their relatives) on the program objectives

### **▪ STAGE 2**

Involves the initial Questionnaire for patients, known as the “Saint George’s Respiratory Questionnaire”, which accesses the impact of the disease on the patient’s quality of life. It also provides valuable information regarding symptoms, medication use, and how the disease affects daily activities.

### **▪ STAGE 3**

Education of patients and their relatives by the Pulmonologist using audiovisual material, helping them understanding the disease, the prescribed medication, the use of inhalers, and how to manage breathlessness, coughing, and other challenges caused by the condition.

### **▪ STAGE 4**

Voluntarily, patients and/or their relatives complete a second Questionnaire to evaluate the knowledge gained from the seminar and access the effectiveness of the program.

## Key messages you will receive at the COPD School:

-  **QUIT SMOKING IMMEDIATELY.**
-  **TAKE YOUR MEDICATION CORRECTLY.**
-  **CONTACT YOUR DOCTOR PROMPTLY IF SOMETHING FEELS WRONG.**
-  **AVOID ADVERSE WEATHER CONDITIONS**
-  **PAY ATTENTION TO YOUR NUTRITION.**
-  **PERFORM PHYSIOTHERAPY EXERCISES.**
-  **WALK DAILY.**
-  **FEEL CONFIDENT THAT YOU CAN PARTICIPATE IN ALL ASPECTS OF YOUR LIFE.**

### YOU MUST UNDERSTAND THAT:

**Despite the difficulties and challenges your illness may cause, you can live well – without fear, anxiety, or panic – provided you apply what you learn at the COPD School.**

The Pulmonary Department of Nicosia General Hospital Operates a:

COPD School  APPOINTMENT LINE 22603517