CONSERVATION OF ENERGY

Persons with chronic lung disease know that some daily activities take more effort and energy than they used to. This does not necessarily mean you must completely change your lifestyle, but you can benefit from learning simplified ways of doing household tasks, personal hygiene, shopping, etc.

Learning how to conserve your energy for the everyday things you “have” to do, will enable you to have more energy for the things you “want” to do.

PLAN AHEAD
1. Consider the best time and the best way to accomplish tasks.
2. Try using the same method each time you do an activity.
3. Avoid unnecessary steps by gathering what you need before you start.
4. Place a basket with handle under each bathroom sink—filled with all cleaning supplies needed
5. Use wheels to transport laundry, groceries, etc. Get a cart with wheels.
6. Do not do back-to-back tasks that will require a lot of energy—give yourself time to rest in between.

SET PRIORITIES
1. Schedule your days so that the most important tasks get done before you run low on energy.
2. If you are not having a “good” day—forget about the tasks, rest and take care of yourself. ALWAYS make YOU your top priority.

USE BREATHING TECHNIQUES
1. Pursed-lip breathing will help you to minimize shortness of breath with activity.
2. Pursed-lip breathing allows your lungs to work more efficiently.
3. When you do feel short of breath, STOP what you are doing and concentrate on doing pursed-lip breathing.
4. Exhale during the exertion phase of an activity.
5. If you use supplemental oxygen, use it with all activity i.e.: showering, grocery shopping, making the bed, etc. Turn the liter flow up to your exercise flow rate.
PACE YOURSELF
1. Maintaining a slow, steady pace, rather than rushing, conserves energy.
2. Planning for rest breaks throughout an activity, and between tasks, is important and will help to conserve energy.

POSITIONING COUNTS
1. Choose the most comfortable position possible for all tasks.
2. Sit down whenever possible.
3. Avoid bending and reaching overhead whenever possible—when you must, don’t forget to exhale as you bend over and as you reach.
4. Try to push or slide equipment rather than carry or lift it.

REMEMBER
1. Simplify tasks as much as possible.
2. Set priorities—YOU! are always first priority.
3. Go slowly and pace yourself.
4. ALWAYS do pursed-lip breathing with any exertion.
5. Use supplemental oxygen with all tasks at prescribed liter flow.
6. Fatigue is normal, but exhausting yourself is not ok.
GROOMING/DRESSING

1. Sit down whenever you can—when shaving, putting on make-up, showering, etc.
2. Use hypoallergenic cosmetics.
3. Use an electric toothbrush, an electric shaver. Rest when needed.
4. Do not use aerosol hairsprays or deodorants.
5. Keep all grooming items in an area that is easy for you to get to without having to reach or bend—you may want to keep them in a basket so that they stay together.
6. Take good care of your teeth. Infected or broken teeth can lead to poor nutrition, and an abscessed tooth or gum disease (gingivitis) can lead to a lung infection.
7. Make sure that your clothing is not tight around your chest or waist.
8. When putting on your shoes and socks—be sure to exhale through pursed-lips when bending. If possible, place foot across lap or place it upon a chair. When bending, be sure to move leg to the side, so that you continue to have good chest expansion. There are devices to assist in putting your socks on.
9. Consider getting elastic shoelaces—this will enable you to slide in and out of your shoes without having to tie or untie your laces. A long-handled shoehorn can be of great assistance in putting your shoes on.

BATHING/SHOWERING

1. Use a bath chair in your shower or bathtub.
2. Exchange old showerhead for a hand-held one. This will allow you to regulate water flow and keep water off face.
3. If steam/humidity is a problem for you, turn down water temperature and use fans, open a window just a bit, and leave bathroom door open.
4. Be sure you have grab bars and no-skid strips in your shower/tub to prevent a possible fall.
5. Use a long handled bath brush. You will be able to reach legs, feet and back without having to bend or reach.
6. Have a large towel or a hooded terrycloth bathrobe turned inside out on a hook next to shower. Wrap it around you and sit down with feet on a soft bath rug. Do pursed-lip breathing and allow yourself to rest as you dry.
7. If on oxygen, use it at exercise flowrate while bathing/showering.
HOUSEKEEPING

1. Use lightweight equipment. Handheld vacuum for small jobs, long-handled lambs wool duster, self-propelled vacuum, Swiffer dust mop or cloths.
2. Have an all-purpose cleaner that you can use in a spray bottle.
3. Keep supplies together in a basket or cart.
4. Keep bathroom cleaning supplies in a basket under each sink.
5. Try to keep dust at a minimum—when dusting or vacuuming, it is a good idea to wear a mask.
6. When pushing a vacuum, exhale through pursed-lips when pushing, stop, inhale through nose and then exhale as you resume pushing.
7. Always have paper towels handy—in the bathrooms and in the kitchen. They are great for quick clean-ups, and will keep areas clean longer.

BEDMAKING

1. Comfort is important, but you don’t want to expend a lot of energy.
2. A lightweight comforter can serve as both a bedspread and a blanket.
3. When waking in the morning, grasp the top sheet, blanket and/or comforter, and with one tug, pull them up over your shoulders, smooth, and then gently get out of bed. You will have minimal work to do complete the bed making.
4. A total linen change can be a challenge! If at all possible, ask someone to help you or do it for you!! If you need to do it:
   a. place chairs or a bench at the foot of your bed
   b. lay the comforter and blanket over bench—do not toss on floor and do not untuck
   c. remove pillows and gently remove soiled sheets—without untucking blanket
   d. have clean sheets folded so they can be opened without waving in the air
   e. spread fitted sheet and then top sheet over bed, then gently pull up blanket
   f. start smoothing and tucking at top of one side and slowly work your way around bed
   g. place pillows and then pull comforter up

Take your time, do pursed-lip breathing and rest when needed!!!!!!!!!!
KITCHEN

You don’t want to spend so much time preparing your meal that you have no energy left to eat. Good nutrition is so important for you.

1. Try to keep the number of pots, pans, utensils etc, to a minimum.
2. Use energy saving equipment such as:
   toaster oven    electric frying pan
   electric can opener  electric mixer
   microwave oven    blender
   crock pot       food processor
3. Try to keep these items on counter or within easy reach in cupboards.
4. Leave favorite spices out within easy reach.
5. Keep paper towels and small wastepaper baskets lined with plastic bags place at strategic spots in your kitchen for immediate clean up and disposal.
6. Do not use oxygen around a gas stove.
7. If possible prepare soups, stews, spaghetti sauce in large portions when you are having a good day, and put them in individual freezer containers that you put in the microwave on a day you are not feeling as well.
8. When preparing a meal, THINK:
   a. how can I minimize steps, effort in preparation, and clean-up
   b. how can I minimize lifting, twisting, bending, chopping, etc
9. On the day you shop, you may want to eat out, or use one of your frozen meals.

GROCERY SHOPPING

1. Before going to the grocery store, clear a space in the refrigerator and freezer, so that when you return home, you can wheel your groceries inside in your cart, and put the bags in the spaces you cleared. You can arrange them later when you are rested.
2. Leave the non-perishable items in the car until later.
3. Map out the supermarket with a list, and always use a cart, even if you are getting one or two items.
4. Ask to have your groceries bagged lightly in bags with handles.
5. Ask for same kind of items to be bagged together to make it easy to put bags in the refrigerator or freezer. Sort later when you are rested.
GENERAL SHOPPING

1. Shop by catalog or on your computer.
2. If you need to go to the department store for clothing, ask for a Personal Shopper. You will need to make an appointment—there are shoppers for both men and women. There is NO charge for this service and they will do most of the work for you.
3. Always phone ahead to see if an item you are looking for is in the store.
4. Consider banking online from your computer.
5. When walking and shopping increase your oxygen liter flow to your exercise rate.

LAUNDRY AND IRONING

1. Use mesh laundry bags for your underwear and socks—you can hang them on a hook in your closet.
2. Sit on a stool to take clothes out of the dryer.
3. Sit down to fold clothes.
4. When ironing, sit at an adjustable ironing board and use a lightweight, easy to use iron.

SPECIAL ACTIVITIES

1. Pushing or pulling a heavy door should be done while exhaling. Position your body close to the door and lean with your whole body against the door.
2. If you are lifting something, be sure to exhale as you lift. If the item is too heavy, get help. You do not want to injure yourself.
3. When changing body position, rest after each move if necessary. Exhale when you move from lying down to sitting. Rest before you stand to be sure you are not dizzy, and then exhale as you stand up.
4. Stand still for a moment before you start to walk. Make sure both feet are pointed in the direction you want to go.
5. ALWAYS PACE YOURSELF!
6. STOP AND REST WHEN NEEDED!