

# Breathing Log & Breathing Plan

## The Web Tools for Clients and Educators

# Agenda

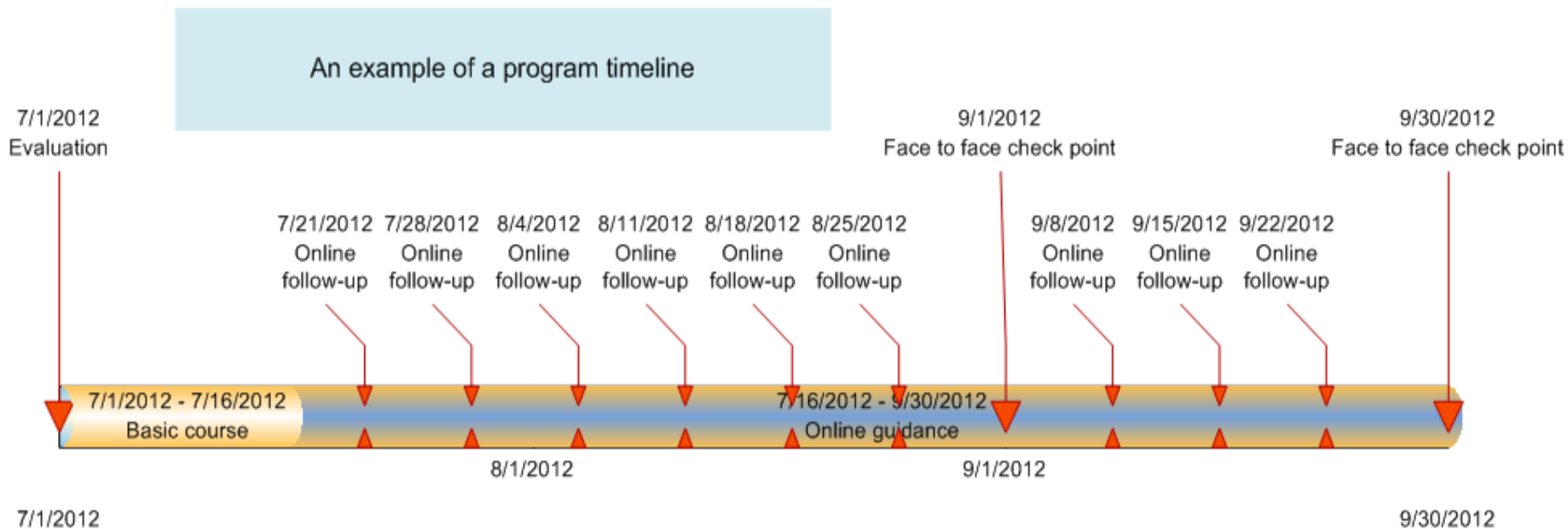
- ▶ The Buteyko program
- ▶ Supporting the initial evaluation
- ▶ Supporting the Basic course
- ▶ Supporting children
- ▶ Supporting online follow-up sessions
- ▶ Supporting H.V. habits analysis
- ▶ Open discussion

# The extended breathing program

- ▶ Evaluation
  - Fill out H.V. QA
  - Repeat ~3 days after the session
- ▶ Buteyko basic course
  - 5-Session Course
    - log in breathing practice, symptoms, etc.
- ▶ Online follow up
  - Weekly follow-up meetings to review progress and adjust the plan for the following week if needed. The follow-up meetings start a week after the basic course until week 12. Optional extension

# Program schedule

- ▶ The online guidance period is five times longer than the basic course



# Supporting the initial evaluation

- ▶ Ask your client to take the time and fill-out the H.V. QA at the beginning of the initial evaluation.
  - It will be used as a baseline for progress analysis throughout the program
  - If they check 1 or 2 symptoms only, ask about other symptoms using different wording
  - I send them email prior to the session to open a Breathinglog account
  
- ▶ BL – H.V. QA

# Supporting the basic course

- ▶ First week
  - Monitor adherence – see if clients practice as recommended
  - Monitor quality – analyze morning sets and breathing sets
  - Measure symptoms – frequency and severity
- ▶ On day 3, ask your clients to Fill-out the H.V. QA
  - Analyze progress
- ▶ Second week
  - Monitor adherence – make sure clients practice as recommended
  - Monitor quality – analyze morning sets and breathing sets
  - Measure symptoms – frequency and severity
- ▶ On day 5, ask your clients to Fill-out the H.V. QA
  - Analyze progress
  
- ▶ In most cases can show correlation between higher CP and decrease in symptoms

# Breathing Log

Day 1

- ▶ BL – Show how to log Adults set 1

Day 2

- ▶ BL – Show how to log symptoms
  - Explain the symptoms progress graph
- ▶ BL – Show how to log Morning Set

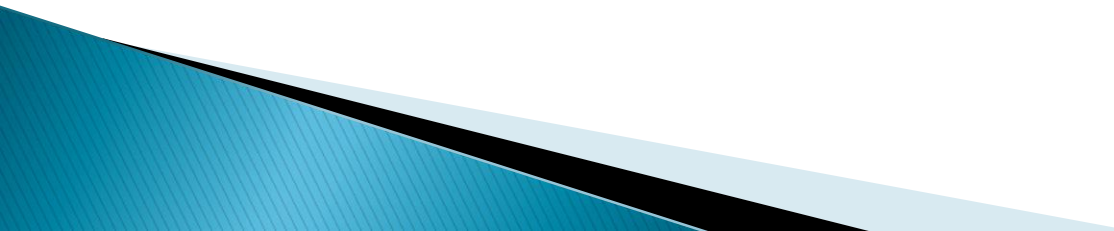
Day 3,4 – Show how to log single activities

Day 5 – Show how to log PE

Dedicated vs. Other



# Daily recommendations

- ▶ Based on age and morning CP
  - ▶ It includes breathing exercise, dedicated PE and other PE
  - ▶ It is only a general guideline
  - ▶ Use your clinical judgment and make adjustments as needed
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# Supporting children

- ▶ Follow the same guidelines as for adults
- ▶ Focus on improvement in symptoms
- ▶ Monitor adherence
- ▶ Communicate with the child and parents via the app
  - Make sure that the parents are engaged
- ▶ Make adjustments if needed
- ▶ Ask the parents to fill-out symptoms (frequency and severity) at the end of each day of the course (parents homework)
  - This way, parents are aware of the improvement of the child
  
- ▶ BL – Show how to log children set
- ▶ BL – Show how to send messages

# Supporting online follow-up sessions

- ▶ Once the basic course is completed, your client has learned the tools but the journey has just begun:
  - Changing the breathing pattern
  - Getting rid of H.V. habits
  - Exercising on a regular basis
  - Eating healthy
  - Changing life-style
  - Repetition of course information
  - Opportunity to review and correct what they got wrong
  - Introducing more advanced exercises as appropriate
  - Make recommendations about meds when the clients are ready
  - Help with physical exercise as clients can do more

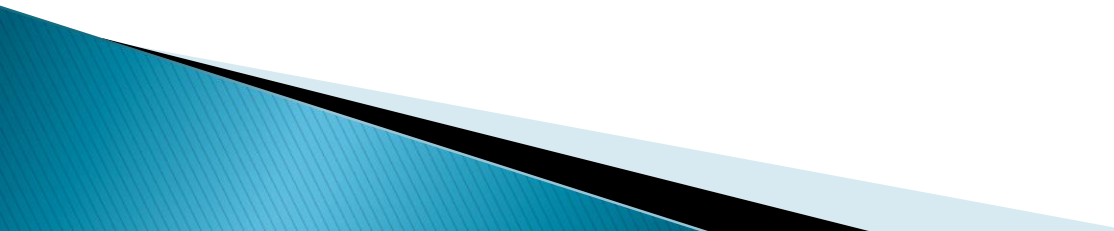
# Supporting online follow-up sessions

- ▶ Many clients find a structured program to be very helpful
- ▶ Many clients report that Breathinglog helps keeping them engaged and learn about themselves
- ▶ It is my experience that those who are using it are more likely to persevere and reach the target CP than those who don't

# Supporting online follow-up sessions

- ▶ Build a plan for the up-coming week and set goals with your client
- ▶ During the week
  - Monitor adherence
  - Monitor quality of breathing practice
  - Monitor symptoms
  - Monitor the use of breathing exercises to manage symptoms
  - Provide positive feedback on a regular basis
- ▶ Before the next weekly session
  - Analyze performance and fill-out notes
  - Make adjustments as needed

# Breathing Plan

- ▶ BP – Analyze graphs
  - ▶ BP – Breathing report
  - ▶ BP – Symptoms report
  - ▶ BP – PE report
  - ▶ BP – H.V. QA report
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# Supporting H.V. habits analysis

- ▶ When your client's morning CP is stuck, use analysis of H.V. habits:
- ▶ Ask your client to fill-out the H.V. habits evaluation for ~a day
- ▶ Identify the top 3 H.V habits
- ▶ Build a strategy with your client to address these habits
- ▶ Re-evaluate after a week
  
- ▶ BP – Show H.V. Habits report

# When the CP is Stuck– More

- ▶ Ask the client to fill out:
- ▶ Everything they do– any 5 minutes RB, many Mini pauses, Steps, Frolov, etc.
- ▶ Exposure to triggers
- ▶ Physical exercise including CP before and after
- ▶ What they do about symptoms (nebulizer?)
- ▶ Look for correlations on Progress graphs
- ▶ Morning set (tape, hours of sleep)