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## Adult Patient Education Classes

Patient education classes are an important part of your experience at National Jewish Health. The classes will give you and your family the information and tools to manage your disease.

Plan to attend classes during your evaluation at National Jewish Health. The patient education classes are free for patients and family members.

Patient Education classes meet in the **Patient Education Room A01b**. The classroom is located in the basement across the hall from the main elevator.

### Monday

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#### Stress Management and Relaxation

**2:00 p.m. - 3:00 p.m.**

You will learn to identify how muscle tension and mental stress disrupt the breathing process. You will learn various techniques to assist in the relaxation process. These include diaphragmatic breathing, progressive muscle relaxation, visualization skills, and the therapeutic use of hobbies.

### Tuesday

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#### Understanding CPAP

**9:00 a.m. – 10:00 a.m.**

This class will discuss why treating sleep apnea is important, address the most common challenges associated with positive airway pressure (PAP) therapy, and provide tools to improve comfort and success with treatment.

#### Understanding Your Lung Disease and Testing

**10:00 a.m. - 11:00 a.m.**

Understanding your lung disease is often helpful. COPD (Emphysema and Chronic Bronchitis). Bronchiectasis and Interstitial Lung Disease will be discussed. Common testing to evaluate chronic lung disease will also be discussed.

#### Tools for Fitness

**11:00 a.m. - 12:00 p.m.**

This class will review the exercise prescription. The benefits of aerobic exercises and how to overcome obstacles that may affect your exercise program will also be discussed.

#### What Makes Asthma Worse? (Adult and Pediatric class)

**1:00 p.m. - 2:00 p.m.**

What is happening in the lungs with asthma? What makes asthma worse? These questions will be discussed in this class. Irritants, allergens, infections, weather changes, exercise and gastroesophageal reflux will be

discussed.

## **Living with Chronic Disease**

**2:00 p.m. - 3:00 p.m.**

This class will discuss common feelings and issues when diagnosed with a chronic disease including lifestyle changes, emotional effects, self-identity changes, & other psychosocial changes. This class will provide resources for living with a chronic disease and help manage this stage of life.

## **Your Weight, Your Way, Your Why**

**4:30 p.m. – 6:00 p.m. (1<sup>st</sup> Tuesday of the month)**

Most people know that a healthy diet and exercise help with weight loss, but actually making these behavior changes is difficult. This class tackles the challenge of behavior change and asks the deeper question of *why* you want to lose weight, even beyond health. We will explore a variety of topics including: nutrition, exercise, sleep, cravings, motivation, values, and habits to help you lose weight and live the life that *you* want to live.

## **Wednesday**

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### **On the Go with Oxygen**

**10:00 a.m. - 11:00 a.m.**

The benefits of oxygen therapy for people with chronic lung disease will be reviewed. Current oxygen equipment to enhance your quality of life, including traveling with oxygen will also be discussed.

### **Respiratory Medications**

**1:00 p.m. - 2:00 p.m.**

Correct medication technique is important. Techniques to inhale medication correctly will be discussed and demonstrated in this class. Respiratory medications and common side effects will be reviewed.

### **Nutrition and the Person with Lung Disease**

**2:00 p.m. - 3:00 p.m. (1st Wednesday of the month)**

This class discusses guidelines for optimal nutrition with chronic lung disease. Issues covered include special nutritional needs related to steroid therapy and chronic infection, weight control, bone health, and tips for using nutrition to enhance health.

### **Nutrition and Heart Health**

**2:00 p.m. – 3:00 p.m. (2nd Wednesday of the month)**

This class discusses current nutrition guidelines for heart health, high cholesterol, high triglycerides, high blood pressure and anyone interested in heart health and their families. Topics covered include: lipid values, heart healthy foods and lowering cholesterol, triglycerides & blood pressure with diet.

### **Learning about Atopic Dermatitis (Adult and Pediatric class)**

**3:00 p.m. - 4:00 p.m.**

Learn about the importance of “Soak and Seal” in this class. Avoidance of things that make atopic dermatitis worse, daily skin care and managing worsening symptoms will be discussed.

## **Thursday**

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### **Asthma Medications and Self-Management (Adult and Pediatric class)**

## **9:30 a.m. - 10:30 a.m. (1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month)**

Correct medication technique is important. Asthma medications, side effects and correct techniques will be discussed. Monitoring asthma by assessing symptoms and using a peak flow meter with an Asthma Action Plan will also be discussed.

## **Your Weight, Your Way, Your Why**

**9:00 a.m. – 10:30 a.m. (4th Thursday of the month)**

Most people know that a healthy diet and exercise help with weight loss, but actually making these behavior changes is difficult. This class tackles the challenge of behavior change and asks the deeper question of *why* you want to lose weight, even beyond health. We will explore a variety of topics including: nutrition, exercise, sleep, cravings, motivation, values, and habits to help you lose weight and live the life that *you* want to live.

## **Managing Your Lung Disease**

**10:30 a.m. - 11:30 a.m.**

Topics reviewed in class include treatment goals, a healthy lifestyle, avoiding infections, medication, oxygen therapy, breathing retraining, & technique to bring up mucus. An action plan & advanced directives are also discussed.

## **Antibiotics for Mycobacterial and Other Lung Diseases**

**11:30 a.m. - 12:30 p.m.**

There are a variety of antibiotics that are used to treat mycobacterial disease. These medications and common side-effects will be discussed in this class.

## **All About Sleep Apnea**

**3:30 p.m. – 4:30 p.m.**

This is a class for people with sleep apnea. The class will review the pathophysiology and symptoms of sleep apnea, as well as problems if left untreated. Treatment options, emphasizing CPAP therapy and tips/tricks for CPAP success will be discussed.

## **Friday**

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### **Intimacy and the Person with Lung Disease**

**10:00 a.m. - 11:00 a.m.**

This class describes human sexuality and the normal response to a sexual stimulus. Normal changes related to aging and problems related to chronic disease and respiratory conditions will be reviewed. Strategies to improve intimacy and sexual functioning will be discussed.

### **Tools for Giving-Up Smoking - Trying Again**

**12:00 p.m. - 1:00 p.m. (Second Friday every month)**

If you're just thinking about giving up smoking or ready to set a quit date, this class is for you. This is an informative class that follows along with the Giving Up Smoking Med Facts series. It will provide you with helpful, practical tools as you prepare to give up smoking.

### **Diabetes Basics**

**1:00 p.m. - 2:30 p.m.**

This class will address how you can take control of caring for diabetes. The interactive nature of the class will

leave you feeling confident to recognize and treat low blood sugar, what foods have carbohydrates, and what causes your blood sugar to increase and decrease, as well as understand how diabetes medicines work.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 123 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit [njhealth.org](http://njhealth.org).