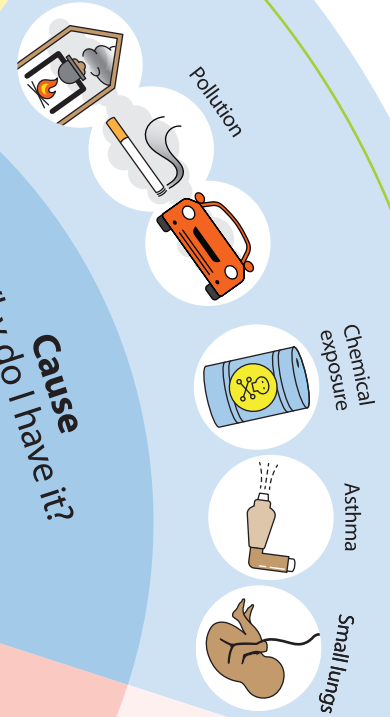


- C** **Chronic** – a long-term health condition that does not go away
- O** **Obstructive** – your airways are narrowed, it's harder to breathe out quickly and air gets trapped in your chest
- P** **Pulmonary** – it affects your lungs
- D** **Disease** – a medical condition

## Identity

What is it called?



## Cause

Why do I have it?



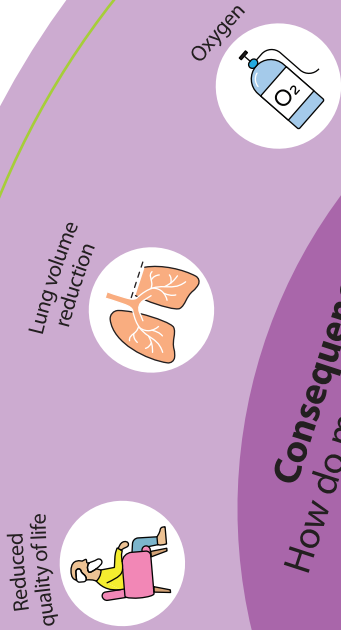
# Making sense of COPD

- O** Open questions
- A** Affirmation
- R** Reflection
- S** Summarising



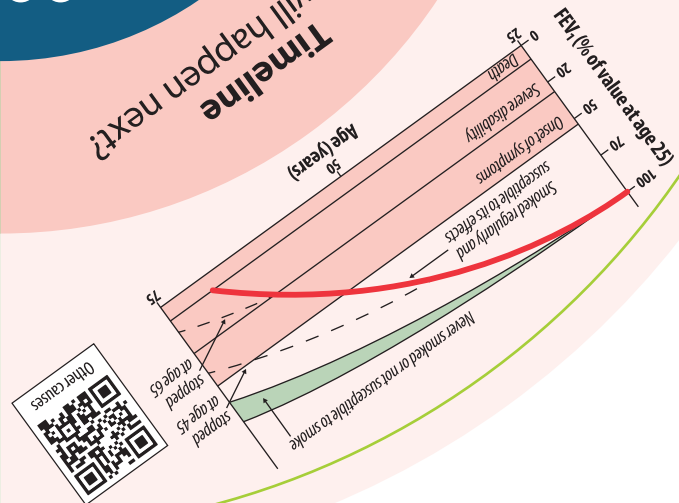
## Consequences

How do my choices affect my future?



## Timeline

What will happen next?



## Cure or treat

What can we do about it?

