

# A Respiratory Approach to Smoking Cessation

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# DISCLOSURE

## Relevant Financial Relationships

- None

## Off Label Usage

- None

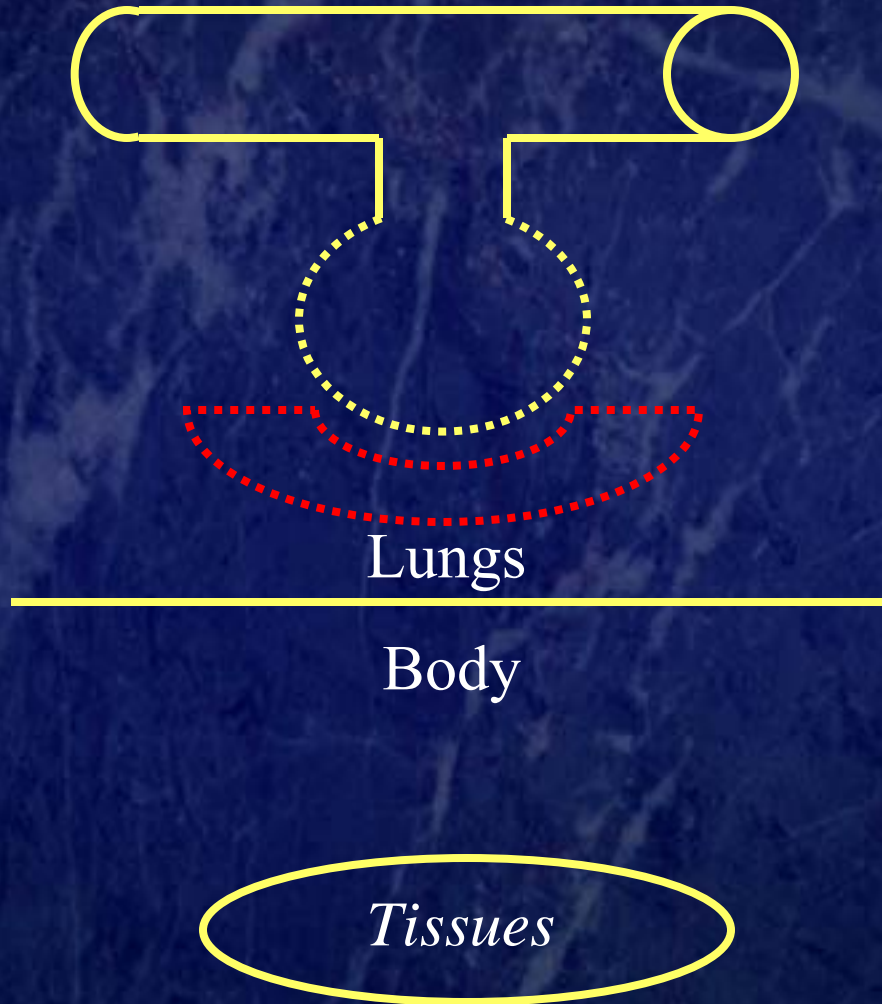
# Opportunities for education

- PRP education / exercise sessions
  - *Should current smokers be allowed to participate in Pulmonary Rehab?*
- Oxygen Clinic / Diagnostic tests
- Patient consults in clinic ~ hospital
- NDC Programs
- School liaison programs

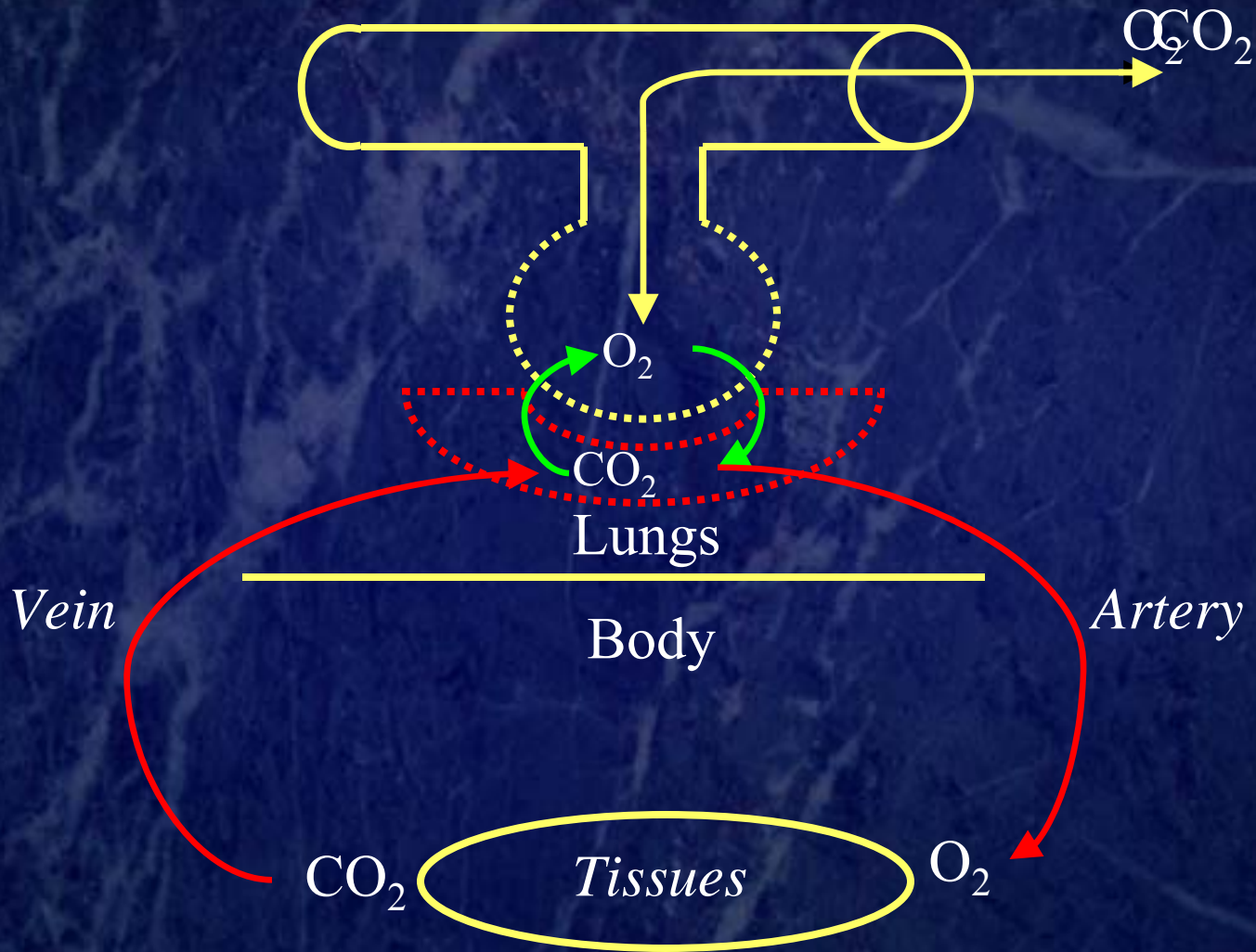
# Educational tools available

- Test results
  - PFT
  - CXR
  - CT
  - Oximetry
  - ABG
- Lung models and preserved tissue
- Bubble wrap
- Straws
- Sponge
- *Motivational Interviewing*
- Pulse oximeter
- CO monitor

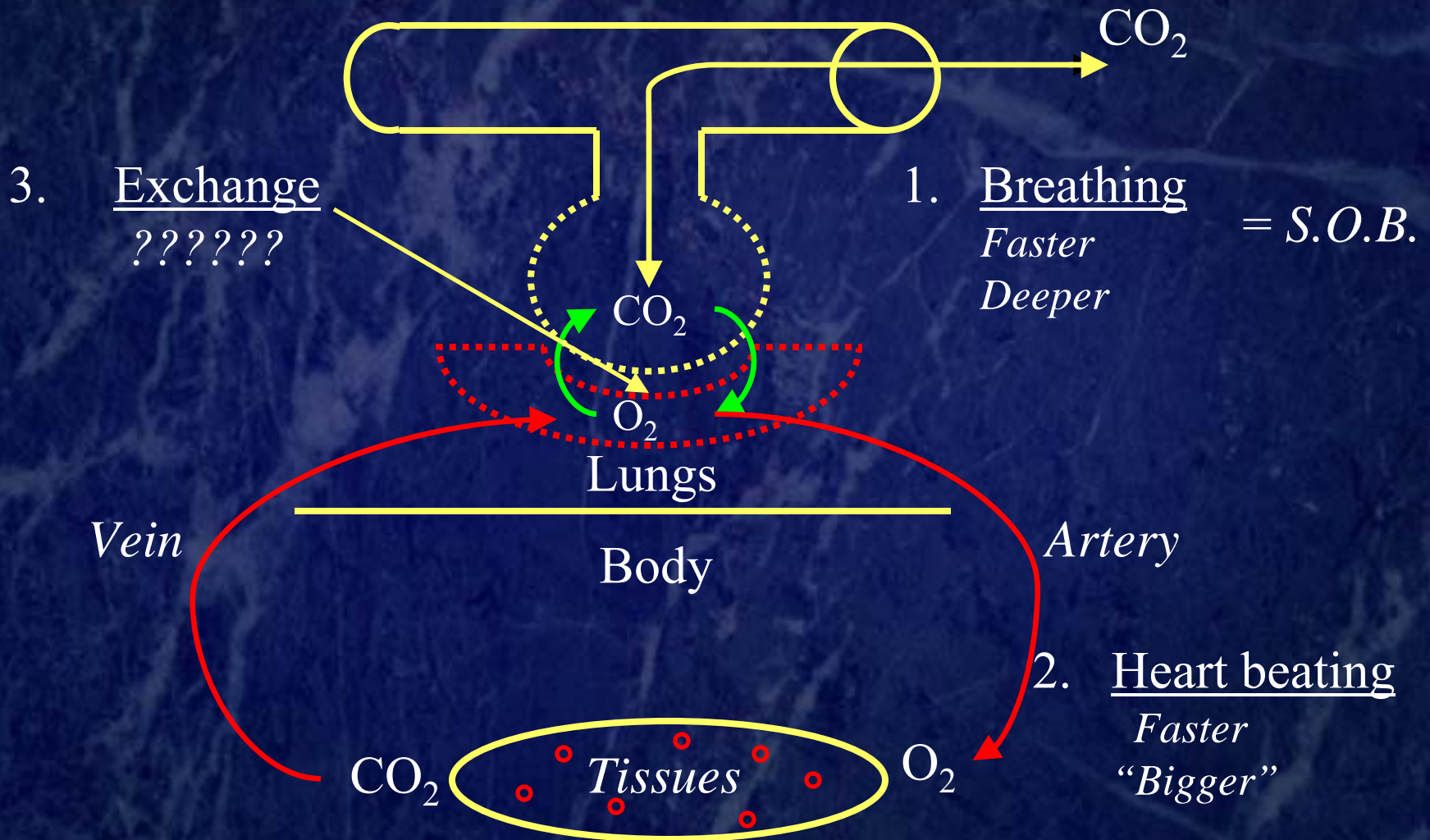
# Anat & Phys 101



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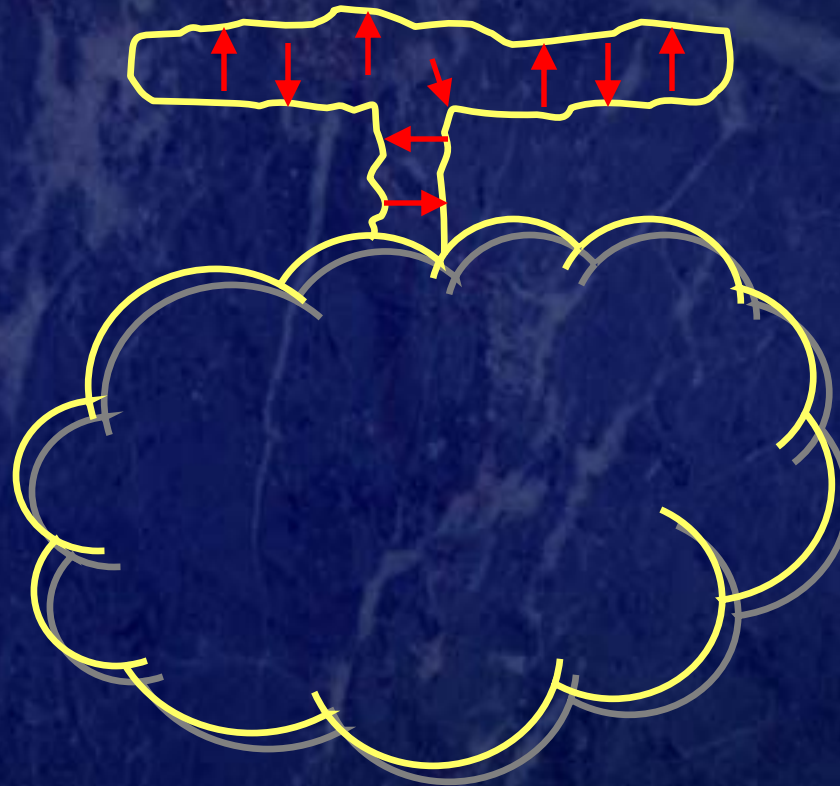




# Emphysema / COPD



# Slow, Pursed Lip Breathing



# *Allison – Age 5*



*“Look Daddy. The Mama sponge  
had babies.”*





# Straws for Education *and* Exercise

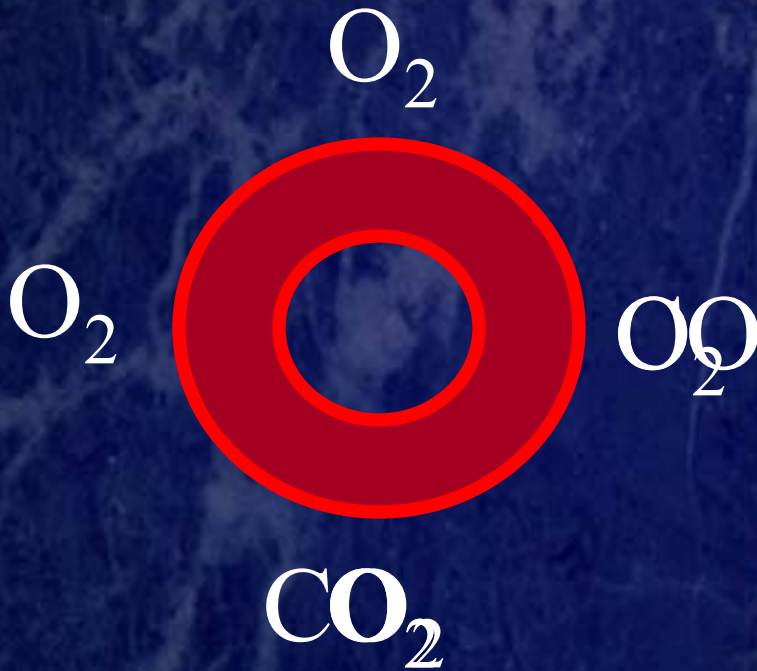
- Many use straws to simulate dyspnea 2° obstruction
- I use them for exercise
  - Inspiratory and expiratory muscle exercise



“There’s no getting around it, we’re air breathers . . . And we like our air with a healthy dose of oxygen.”

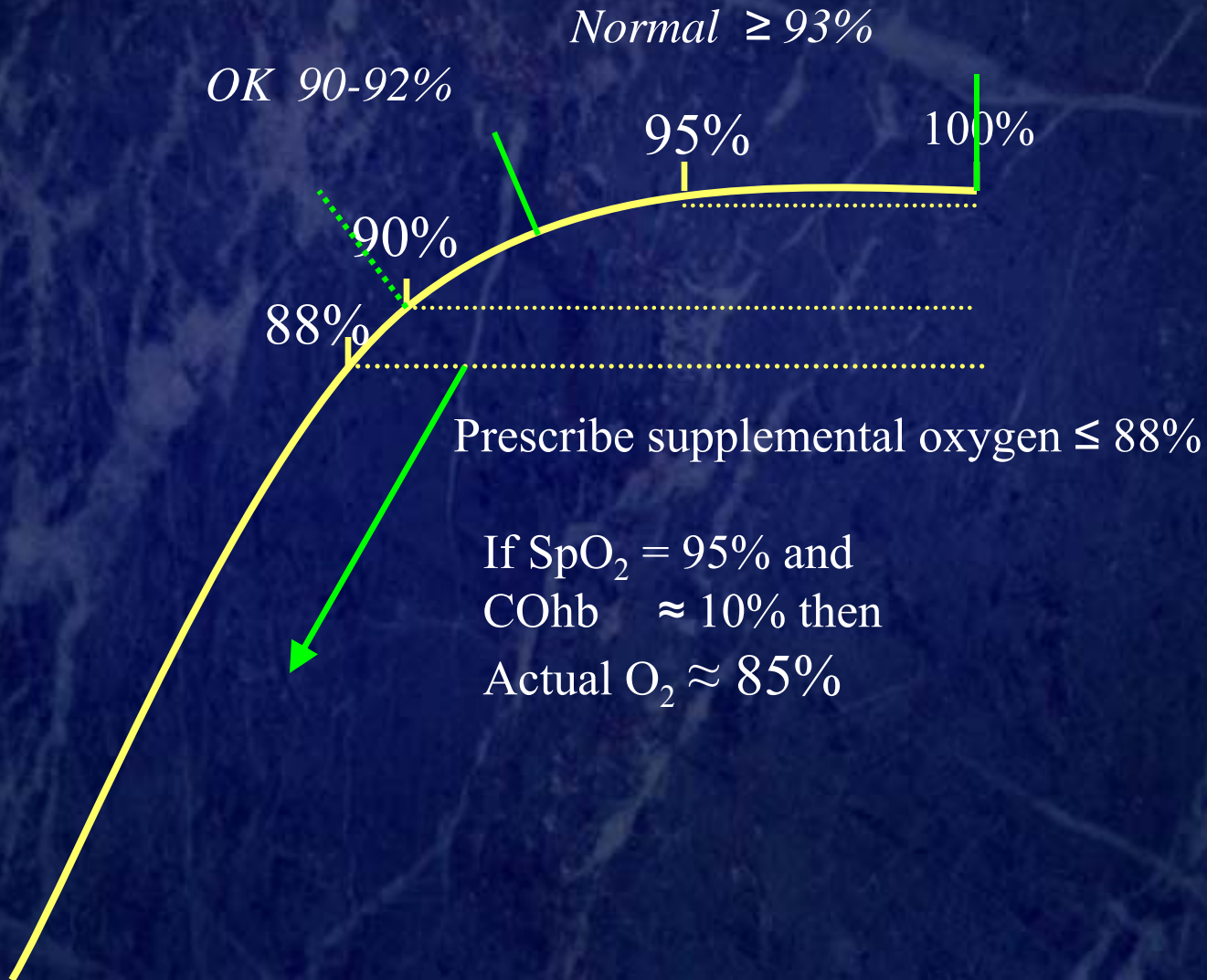
*Johnson: Outdoor Life: October 2004*

# Hemoglobin

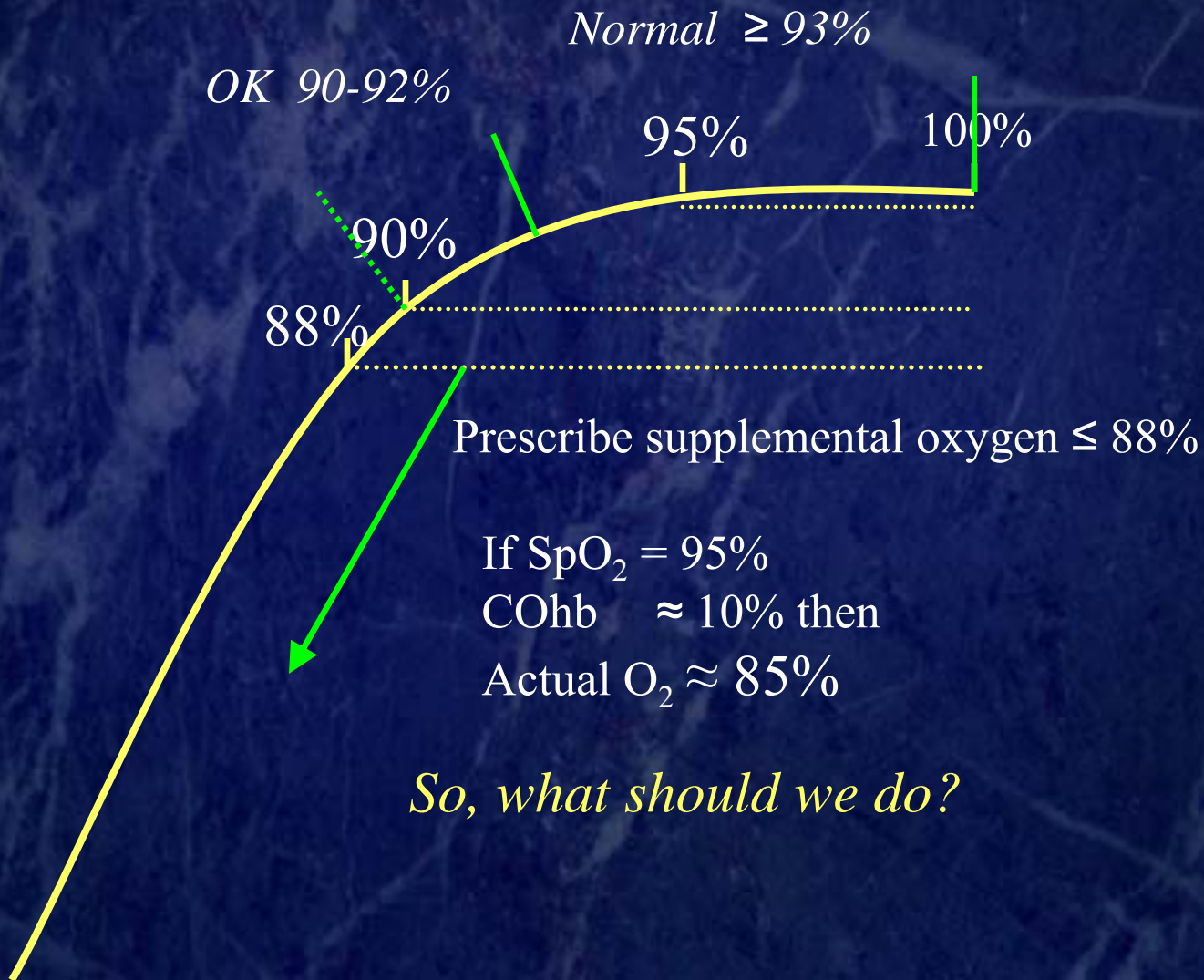


- Transport “vehicle” for:
  - Oxygen
  - Carbon Dioxide
  - Carbon Monoxide

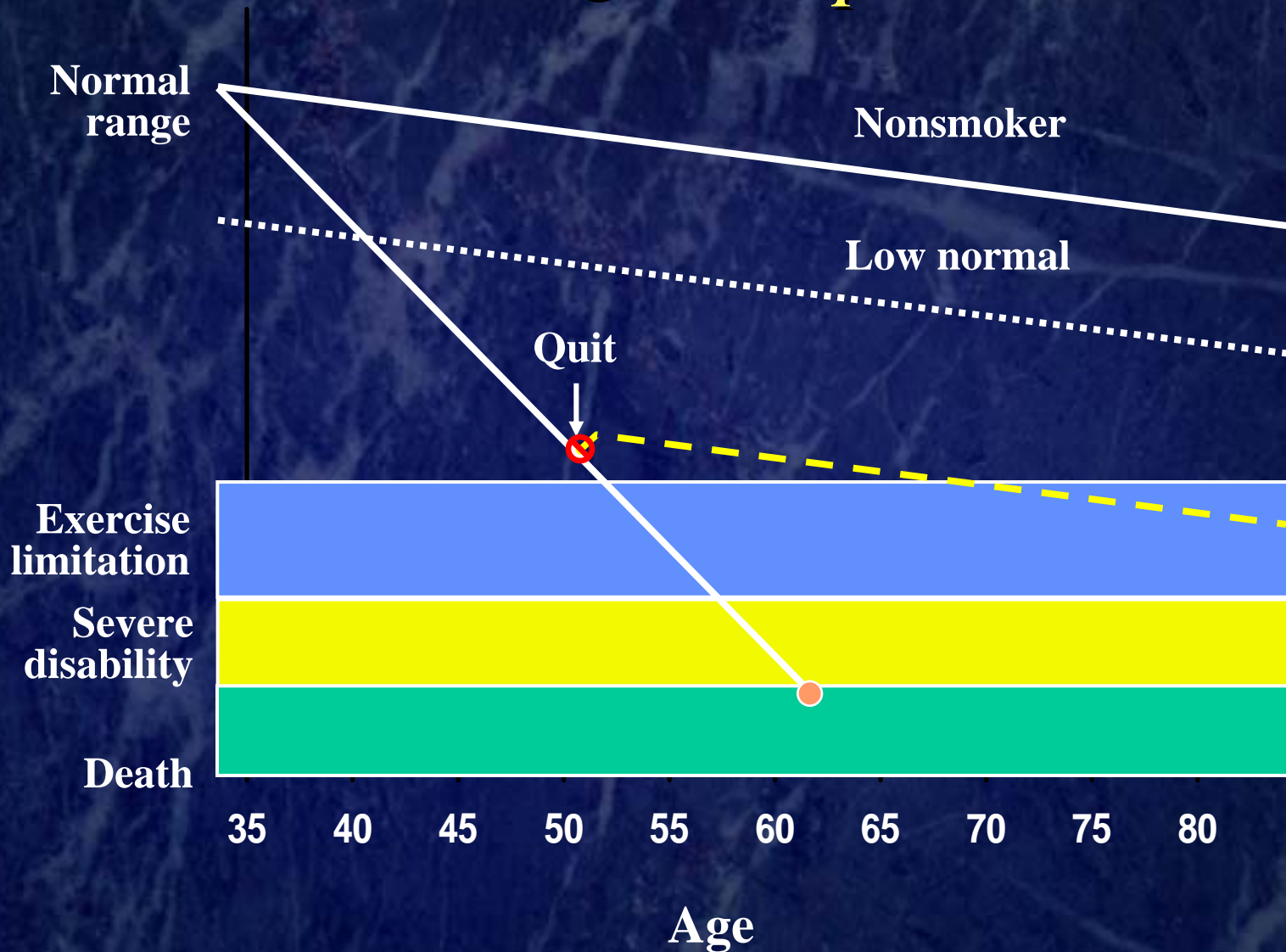
# OxyHemoglobin Dissociation



# OxyHemoglobin Dissociation



# The WIFEM Extrapolation



Fletcher & Peto: Br Med J 1:1645, 1977

Scanlon et al: Am J Respir Crit Care Med 161:381-90, 2000

# What is Normal?



Bell-Shaped Curve

