**COPD Advise Phase Script—Chapter 8**

*It's great that you have already quit smoking. Congratulations! Staying tobacco-free is the number one thing you can do to help manage your COPD. Based on the other information you shared with me this morning, I think there are several more areas we could focus on that would help you feel and function better. One area is your physical activity. As you've had more trouble with your breathing symptoms, you've cut back on your physical activity. That makes sense in the short term because it doesn't feel good to be short of breath. Unfortunately, in the long term, the inactivity leads your body to become more deconditioned and out of shape. This makes it even harder in the future to do activities you'd like to do and worsens your breathing problems. If you’d like, we could work with your medical providers to help you develop and stick with a plan for gradually increasing your physical activity levels. A second area that really stood out in our discussion was your description of what happens when you notice your breathing symptoms worsening. You become worried that you won't be able to breathe and that you may pass out. This anxious thinking then worsens your breathing in a vicious cycle. I could teach you some breathing strategies to help control your breathing and promote relaxation. Are you interested in focusing on either or both of those options?*

**COPD Agree Phase Script—Chapter 8**

*It sounds like you're not too interested in working toward increas­ing your activity level or in making changes in how you manage your anxiety and breathing. You are concerned, though, about conflicts with your husband over sharing the household responsibilities, as you've been able to do less around the house. We can certainly focus on this. Learning new ways to communicate and negotiate responsibilities that have changed because of your COPD sounds important to you. Why don't we start there? Later, as your communication improves, you may find that you'd also like to focus on one of the other areas we discussed.*

**Asthma Advise Phase Script—Chapter 8**

*I'm concerned by a few things you mentioned this morning. One is that you feel your asthma is getting worse. You've had more flare-ups and have been to the emergency room twice in the last two months, and you feel your asthma is getting out of control. Although Dr. Vasquez wants you to check your peak flow reading each morning, this is hard for you to remember. And you're not quite sure how to adjust your medications at home when you do get a peak flow reading that seems low or when you notice your asthma symptoms worsening. On the positive side, you're doing a great job remembering to use your daily asthma control inhaler.*

*Based on what you’ve shared, I have a couple of recommendations. The first is that we set up an appointment with Dr. Vasquez to develop a written home action plan. Here is an example of the form she uses with most of her patients [show blank action plan]. If you’d like, I can attend the appointment too, so that the three of us are on the same page. Dr. Vasquez will set guidelines for when you should take certain steps, such as using additional medication or going to the emergency room, based on your symptoms or peak flow readings.*

*My second recommendation is that you and I work together to help you stay on track with daily checks of your peak flow, since Dr. Vasquez really thinks it is important in getting your asthma under control. We can develop some ways to help you remember to monitor each morning and tackle any other barriers that might be getting in the way. What do you think about these options?*

**Asthma Agree Phase Script—Chapter 8**

*Dr. Vasquez really wants you to monitor your peak flow every day. She and I both believe this is critical in helping keep you out of the emergency room, but it sounds like you really don't want to focus on this right now. You say you've done it before for a few weeks and didn't find it helpful and that you find it hard to remember to do it. What you're really concerned about is how your asthma has gotten in the way of being active, such as riding bikes and playing with your kids.*

*In many ways, these two goals are linked. Regularly checking your peak flow can help you take your medications in a way that will keep your asthma under control. This will help you do more of what you want to do, like being active with your kids. For now though, why don’t we begin by working on some ways for you to be more active with your kids, even if you're not ready today to commit to checking your peak flow every day. Then later, when you're ready, we can shift our focus back to the peak flow monitoring, perhaps coming up with some ideas on how to make it easier for you. How does that sound to you?*