

- 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?



Making sense of COPD

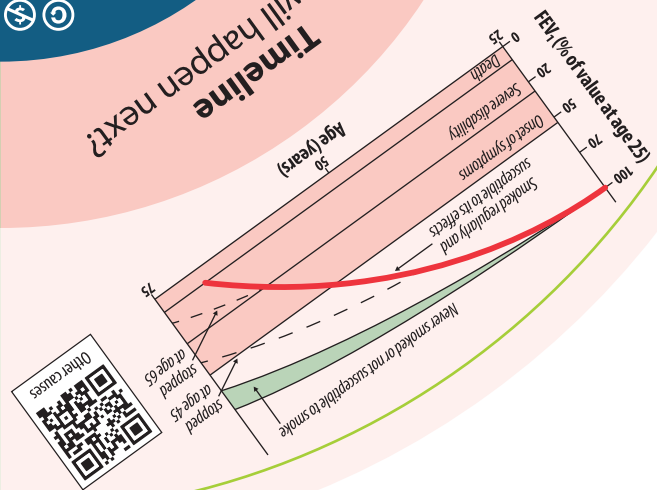
- O** Open questions
- A** Affirmation
- R** Reflection
- S** Summarising



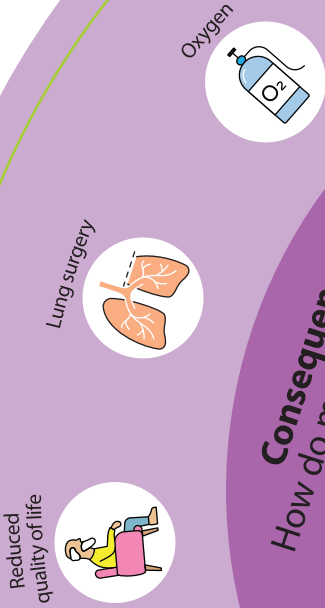
Why do I have it? Cause



Timeline What will happen next?



Consequences How do my choices affect my future?



Cure or treat What can we do about it?

