**Remote Respiratory Consultation COPD – English Transcript**

00:00:23:24 - 00:00:25:04

Hello Pilar

00:00:25:04 - 00:00:25:23

Hello

00:00:26:04 - 00:00:27:17

How are you? Can you hear me? I'm fine.

00:00:27:17 - 00:00:28:16

Me? Perfect.

00:00:29:00 - 00:00:32:07

Well, I can see you perfectly and I hear you well.

00:00:32:22 - 00:00:33:11

Okay.

00:00:33:11 - 00:00:36:04

It's strange that the internet works properly.

00:00:36:04 - 00:00:38:02

Well, this one does.

00:00:38:02 - 00:00:39:20

But well, don't worry

00:00:39:20 - 00:00:41:08

if there was a problem. I'll see you again.

00:00:41:08 - 00:00:43:16

We'll reconnect. Okay?

00:00:43:16 - 00:00:48:00

Okay. I have been reviewing your medical records and I've seen it's been going more or less well lately,

00:00:48:00 - 00:00:50:08

that there wasn't much of a problem

00:00:50:08 - 00:00:53:12

So, are you... Are you on your own?

00:00:53:12 - 00:00:55:22

Are you okay?

00:00:55:22 - 00:00:56:18

Yes.

00:00:56:18 - 00:01:00:15

Okay. Because I'll make a note of what we talk about in your medical record

00:01:00:15 - 00:01:03:07

and it'll be all written down today.

00:01:03:07 - 00:01:05:04

Is that okay for you?

00:01:05:04 - 00:01:07:20

So, tell me how is it going?

00:01:08:00 - 00:01:11:23

Because we had agreed that it's difficult for you to come here because of work,

00:01:12:01 - 00:01:15:05

that you're so busy with work that you can't come here often.

00:01:15:09 - 00:01:19:17

Yes, because I don't have a very fixed schedule.

00:01:19:17 - 00:01:23:10

Some days I finish earlier, some days I finish later.

00:01:24:00 - 00:01:26:23

So, you are at work now, aren't you?

00:01:27:04 - 00:01:29:13

I'm at work, yes I am.

00:01:29:13 - 00:01:32:15

Okay, so here's the benefit that online consultation gives us.

00:01:32:15 - 00:01:34:19

If we see that there's something that we need to do here

00:01:34:19 - 00:01:39:10

you can come in and we can arrange.

00:01:39:10 - 00:01:46:08

So now I'm going to try to do the visit,

00:01:46:08 - 00:01:48:02

I sent you the CAT.

00:01:48:02 - 00:01:52:01

Did you complete it?

00:01:52:01 - 00:01:53:24

Yes.

00:01:53:24 - 00:02:02:20

Okay, send it to me by email and then I will take a look and I will attach it to your clinical files

00:02:02:20 - 00:02:08:09

What was your score on this one?

00:02:08:09 - 00:02:09:18

11

00:02:09:18 - 00:02:11:03

11?

00:02:15:10 - 00:02:18:15

Well, that's a little bit too high. You know that below ten is the best,

00:02:18:15 - 00:02:22:02

but well, 11 is not so bad.

00:02:22:02 - 00:02:24:23

And especially…

00:02:24:23 - 00:02:25:21

Tell me. Tell me.

00:02:25:22 - 00:02:28:16

Well, it's not mostly climbing stairs, or hills

00:02:28:16 - 00:02:32:02

I get very tired. It's true that I do very little exercise,

00:02:32:23 - 00:02:34:21

I mean, I hardly do any exercise.

00:02:34:21 - 00:02:44:10

And of course, it's very hard for me, do you know?

00:02:45:01 - 00:02:49:06

So, basically the worst thing is dyspnea, shortness of breath.

00:02:49:06 - 00:02:52:21

Yes, in that specific case, because

00:02:52:21 - 00:02:55:03

I don't usually have any problems.

00:02:55:24 - 00:02:59:04

Ah, I guess you're a little bit worse lately.

00:02:59:23 - 00:03:03:08

Yes when I climb stairs I get really tired.

00:03:04:03 - 00:03:08:17

Well, okay. What about coughing and expectoration, phlegm?

00:03:08:17 - 00:03:10:13

Nothing.

00:03:10:13 - 00:03:12:01

Perfect.

00:03:12:01 - 00:03:22:04

And have you had any worsening that made you come to the emergency room or the hospital that we haven't been aware of?

00:03:22:09 - 00:03:27:12

I didn't have no, just many years ago, at the time when I was diagnosed.

00:03:27:12 - 00:03:28:18

But not anymore,

00:03:28:18 - 00:03:33:18

I mean, I only went to the ER

00:03:34:24 - 00:03:37:08

when I was first diagnosed with COPD.

00:03:37:18 - 00:03:40:24

Okay, and another time when I had COVID,

00:03:40:24 - 00:03:43:24

but no, I didn't have any problems.

00:03:43:24 - 00:03:49:10

I mean, I did feel very tired.

00:03:49:10 - 00:03:52:07

For about a month or so I felt more tired.

00:03:52:09 - 00:03:54:05

No acute respiratory symptoms?

00:03:54:05 - 00:03:56:06

No problem, no.

00:03:56:06 - 00:03:58:07

Okay, are you taking your medication?

00:03:58:18 - 00:03:59:09

Yes.

00:04:00:18 - 00:04:03:17

Tell me how you take it, let’s see if you've got it right.

00:04:04:04 - 00:04:05:07

Well, I take the.

00:04:05:11 - 00:04:07:18

What is it called?

00:04:08:02 - 00:04:11:10

The dry powder inhaler?

00:04:11:15 - 00:04:15:01

Yes. I take a breath.

00:04:15:11 - 00:04:19:03

I exhale all the air out, I take a very deep breath

00:04:19:03 - 00:04:22:22

taking the product,

00:04:22:22 - 00:04:27:02

I stay without breathing as long as I can hold it.

00:04:27:24 - 00:04:30:01

And in the evenings again.

00:04:30:01 - 00:04:32:15

Okay, you hold your breath for about ten seconds and…

I hold on.

00:04:32:15 - 00:04:35:03

About five to ten seconds.

They recommend that.

00:04:35:03 - 00:04:37:00

Okay. And do you take it every day in the morning and in the...

00:04:37:00 - 00:04:39:01

evening, every day.

00:04:39:01 - 00:04:41:04

Your physical activity is poor,

00:04:41:04 - 00:04:43:09

but maybe we can improve

00:04:43:15 - 00:04:46:12

that a little bit.

00:04:46:16 - 00:04:48:10

Sure.

00:04:48:10 - 00:04:49:16

Yes.

00:04:49:16 - 00:04:55:07

You know the more exercise capacity

00:04:55:07 - 00:04:58:18

we give to the lungs,

00:04:58:18 - 00:05:01:07

the body will get better.

00:05:01:07 - 00:05:05:05

What about your sleep?

Do you sleep well, don't wake up at all?

00:05:05:14 - 00:05:10:03

I usually have no problems, but at the moment yes, because of the warm nights.

00:05:10:15 - 00:05:13:21

How is your mood?

00:05:13:21 - 00:05:17:06

Do you have anxiety,

00:05:17:07 - 00:05:19:11

or a bad mood or anything like that?

00:05:20:06 - 00:05:21:14

No.

00:05:21:14 - 00:05:25:06

Still one important thing.

00:05:25:06 - 00:05:28:17

What about tobacco, anything at all?

00:05:29:01 - 00:05:31:15

Zero. No since I quit smoking in 2010,

00:05:32:02 - 00:05:37:11

October 4, excuse me, October 14, 2010 I have never picked up a cigarette again.

00:05:37:11 - 00:05:39:07

Great, great.

00:05:39:07 - 00:05:40:17

That's perfect.

00:05:40:17 - 00:05:42:20

I don't even think you will have a problem with it.

00:05:42:20 - 00:05:43:21

Not anymore, no.

00:05:43:21 - 00:05:45:23

Is it still in your mind after so many years?

00:05:45:23 - 00:05:49:12

No, no, sometimes I dream about it,

00:05:49:12 - 00:05:53:08

but I'm very conscious that I won’t do it because once I take one cigarette….

00:05:53:08 - 00:05:54:16

Would be a lost cause? Exactly.

00:05:54:16 - 00:05:56:01

That's it.

00:05:56:01 - 00:05:58:11

Not even touch it.

Nothing.

00:05:59:20 - 00:06:00:19

Well,

00:06:00:19 - 00:06:08:06

I can see that you are having a little bit more fatigue,

00:06:08:06 - 00:06:12:04

let's try some more rescue medication.

Do you have salbutamol or any other?

00:06:12:04 - 00:06:13:17

I have.

00:06:14:06 - 00:06:16:00

Or ipratropium?

00:06:16:00 - 00:06:18:17

I don't remember Let’s see.

00:06:18:17 - 00:06:24:24

I have it right here.

00:06:28:10 - 00:06:29:14

Salbutamol?

00:06:29:14 - 00:06:31:15

Yes, salbutamol.

00:06:32:05 - 00:06:34:23

I try not to take it.

00:06:34:23 - 00:06:36:14

I don't take too much.

00:06:36:14 - 00:06:40:08

I mean, sometimes when I'm climbing stairs

00:06:40:08 - 00:06:41:19

or I'm feeling very tired and

00:06:41:19 - 00:06:43:08

then I take it.

00:06:43:08 - 00:06:45:16

I try not to take it too much.

00:06:46:09 - 00:06:47:05

Okay,

00:06:47:05 - 00:06:51:16

one thing we could take advantage of would be to take a little bit more

00:06:51:16 - 00:06:55:09

to improve physical activity.

00:06:56:02 - 00:06:58:21

So you're going to try to walk a little bit more.

00:06:59:00 - 00:07:01:12

Now, in summertime it's hard, because of the heat.

00:07:01:12 - 00:07:05:00

But maybe in the late afternoon you could take the opportunity to walk

00:07:05:00 - 00:07:07:20

for a while or go for a swim

00:07:07:20 - 00:07:12:07

And if you have to use your rescue inhaler to help you do a little bit more activity, that would be perfect.

00:07:12:07 - 00:07:16:23

You'll use it before exercise, not after, when you're already tired, but before.

00:07:16:23 - 00:07:18:10

Okay.

00:07:18:10 - 00:07:23:19

I think this will be the only change

00:07:23:20 - 00:07:28:09

and I am going to give you a call back in 15 days or so, okay?

00:07:28:09 - 00:07:31:13

And you can tell me how it goes, if you still feel bad or not.

00:07:31:13 - 00:07:34:07

And maybe you will come for a spirometry

00:07:34:15 - 00:07:37:22

to see if there is any change in your lung function.

00:07:38:05 - 00:07:40:06

Do you feel comfortable with the plan?

00:07:41:02 - 00:07:41:16

Fine

00:07:42:16 - 00:07:44:02

Well, I think that's it.

00:07:44:02 - 00:07:48:05

Is there anything else you want to tell me or ask me?

00:07:48:05 - 00:07:50:22

I think, I don't know,

00:07:51:12 - 00:07:55:13

I just feel this tiredness,

00:07:55:13 - 00:08:00:24

but I attribute it more to the lack of physical exercise,

00:08:02:04 - 00:08:07:09

which is that I get more tired, but the rest I don't really have much of a problem.

00:08:07:14 - 00:08:12:08

Well, I think that remote consultation is faster and easier for you.

00:08:12:08 - 00:08:15:16

We have improved something then.

00:08:15:16 - 00:08:18:16

Let's see if we can make some progress.

00:08:18:24 - 00:08:21:10

I will call you back in 15 days or so.

00:08:21:10 - 00:08:23:12

Please note down in your calendar,

00:08:24:01 - 00:08:29:23

two weeks from today, at this same time.

00:08:29:23 - 00:08:32:08

Let's see if we can improve that dyspnea a little bit. Okay.

00:08:32:08 - 00:08:33:11

Okay.

00:08:34:21 - 00:08:35:11

All right.

00:08:35:11 - 00:08:37:09

Nice talking to you.

00:08:37:09 - 00:08:38:03

Nice to talk to you.

00:08:38:03 - 00:08:40:14

Yes, I'll talk to you in two weeks.

00:08:40:15 - 00:08:45:12

Okay, goodbye.