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Effective Breathing

Patient name: _____ Admission: _____

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- I. **The client/caregiver can list goals of effective breathing.**
 - A. To increase expiration of air
 - B. To decrease air trapping
 - C. To increase lung expansion
 - D. To decrease shortness of breath

- II. **The client/caregiver can describe procedure for diaphragmatic or abdominal breathing.**
 - A. Lie on your back with a pillow under your head and with knees slightly bent over a pillow.
 - B. Clear airway passages first with coughing.
 - C. Press one hand lightly on abdomen, and rest the other hand on the chest.
 - D. Breathe in slowly through your nose, letting abdomen protrude.
 - E. The hand on the stomach should rise during inspiration and fall during expiration while the hand on the chest should be almost still.

- III. **The client/caregiver can demonstrate procedure for pursed lip breathing.**
 - A. Breathe in slowly through the nose, counting to three while keeping mouth shut.
 - B. Exhale through pursed lips (as if blowing out a candle), counting to seven.
 - C. Breathing out should take at least twice as long as breathing in.

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- D. When doing pursed lip breathing during an activity, breathe in before exertion and breathe out doing the activity.
- E. The client/caregiver can list methods to practice.
 - 1. Blow through a straw into a glass of water to form bubbles.
 - 2. Blow at a candle to bend the flame without blowing it out.
 - 3. Blow a tennis ball across a table at a steady pace.

- IV. **The client/caregiver can demonstrate procedure for counted breathing.**
 - A. Assess usual pattern of breathing by counting seconds required for inspiration and seconds required for expiration.
 - B. Breathe out slowly, attempting to increase expiration time.
 - C. Then breathing should be coordinated with walking by counting steps taken with inspiration and counting steps taken for each expiration.

REFERENCES

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Timby, B. K. (2005). *Fundamental nursing skills and concepts*. Philadelphia: J. B. Lippincott Williams & Wilkins.