**A picture containing food

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**Day 1 Pulmonary Rehabilitation Notes and Links**

[Contained within this document are links to video clips, quizzes, books and academic evidence concerning mental health disorders]

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**Day 1 Pulmonary Rehabilitation**

* Presentation on the Respiratory System [Link](https://youtu.be/DM99hAgxv1w) [Lecture on pulmonary physiology]
* **Strength.Physiology.Online for preparation on last day MCQ**  [Link](https://www.classmarker.com/online-test/start/?quiz=4vf5fa2d19cb70ca)
* MOOC Online Course [Link](https://mooc.utas.edu.au/)

**YouTube Clips Concerning Pathology of Disease & Clinical Assessments**

* COPD: Pathophysiology and Diagnosis [Link](https://youtu.be/BFDjhXtEpkU)
* Smoking and COPD | Nucleus Health [Link](https://youtu.be/B1G6JB8A6sc)
* Pneumonia [Link](https://youtu.be/aKduNgfePLU)
* Asthma [Link](https://youtu.be/4aK76DoxKGk)
* Asthma, Animation. [Link](https://youtu.be/ozyruyITxKg)
* Chronic Asthma [Link](https://youtu.be/v-qr78Wj4xM)
* COPD and Emphysema [Link](https://youtu.be/SA52HJNA5oU)
* Spirometry: how to take a lung function test [Link](https://youtu.be/6kbgZWS5wH0)
* How A Pulmonary Function Test Works [Link](https://youtu.be/cKdxSVe6pyM)
* Spirometry | Test for Lung Function | Nucleus Health [Link](https://youtu.be/hQzNG89pESQ)
* Peak Flow and Spirometry - Lung Function Tests [Link](https://youtu.be/M4C8EInOMOI)
* How Cystic Fibrosis Affects the Lungs [Link](https://youtu.be/omkp2VJTE3c)
* Cystic Fibrosis Animation -Pulmozyme [Link](https://youtu.be/4xxT5gQywpk)
* Bronchiectasis Animation - What is Bronchiectasis? [Link](https://youtu.be/uNeprw1rsgE)
* Chest x-ray, bronchiectasis [Link](https://youtu.be/Kk4x7DPJtRI)

**General Quizzes**

* Myths and Facts About COPD Quiz [Link](https://www.webmd.com/lung/rm-quiz-myths-facts-copd)
* COPD Symptoms and Treatments Quiz [Link](https://www.aarp.org/health/conditions-treatments/info-04-2013/copd-symptoms-treatments-quiz.html#quest1)
* Asthma and COPD NCLEX Practice Quiz #1 (50 Questions) [Link](https://nurseslabs.com/nclex-exam-asthma-copd-100-items/)

**Textbooks on COPD**

* EFA Book on Chronic Obstructive Pulmonary Disease in Europe. Franchi. [Link](http://www.efanet.org/images/2012/07/EFACOPDBook.pdf)
* Weisman and Zeballos. Clinical Exercise Testing [From my Share Drive [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:6690d901-b588-4f81-80d3-1215a41bba1f)]
* ACSM’s Guidelines for Exercise Testing and Prescription [10th Edition, 2018] See Chapter 9 [Share Drive [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:711b0f11-8125-47d6-9264-bee412013ce1)]
* COPD A Guide to Diagnosis and Clinical Management [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:b17c3d7a-86e3-46f6-8023-e716076c593b)
* Asthma and COPD, Second Edition Basic Mechanisms and Clinical Management [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:961750db-2d0a-45f0-8f78-e4538c6c6db0)
* COPD For Dummies (For Dummies (Health & Fitness)) [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:ef091cad-15bb-42a5-aab7-85cf028d6cdc)
* Asthma, COPD, and Overlap: a Case-Based Overview of Similarities and Differences [Link](https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:6327b911-9d10-4723-a8cf-d990b825622f)

**Academic Sources**

* Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary Disease 2020 REPORT [Link](https://goldcopd.org/wp-content/uploads/2019/11/GOLD-2020-REPORT-ver1.0wms.pdf)
* GOLD 2018 [Link](https://goldcopd.org/wp-content/uploads/2018/02/WMS-GOLD-2018-Feb-Final-to-print-v2.pdf)
* Alpha-1 antitrypsin deficiency [Link](https://ghr.nlm.nih.gov/condition/alpha-1-antitrypsin-deficiency)
* WHO (2018) The top 10 causes of death [Link](https://www.who.int/en/news-room/fact-sheets/detail/the-top-10-causes-of-death)
* WHO Chronic Respiratory Diseases [Link](https://www.who.int/health-topics/chronic-respiratory-diseases#tab=tab_1)
* WHO COPD: Definition [Link](https://www.who.int/respiratory/copd/definition/en/)
* WHO Package of Essential NCD Interventions (PEN) [Link](https://www.who.int/respiratory/CRD-training-manual.pdf?ua=1)
* WHO strategy for prevention and control of chronic respiratory diseases [Link](https://www.who.int/respiratory/publications/crd_strategy/en/)

**Academic Journal Readings**

* Tison, G.H., Avram, R., Kuhar, P., Abreau, S., Marcus, G.M., Pletcher, M.J. and Olgin, J.E., 2020. Worldwide effect of COVID-19 on physical activity: a descriptive study. Annals of internal medicine. [Link](https://www.researchgate.net/profile/Robert_Avram2/publication/342544283_Worldwide_Effect_of_COVID-19_on_Physical_Activity_A_Descriptive_Study/links/5f3aec1c299bf13404cd41c2/Worldwide-Effect-of-COVID-19-on-Physical-Activity-A-Descriptive-Study.pdf)
* Stocks, J. and Sonnappa, S., 2013. Early life influences on the development of chronic obstructive pulmonary disease. Therapeutic advances in respiratory disease, 7(3), pp.161-173. [Link](https://journals.sagepub.com/doi/pdf/10.1177/1753465813479428)
* Kim, V. and Criner, G.J., 2013. Chronic bronchitis and chronic obstructive pulmonary disease. *American journal of respiratory and critical care medicine*, *187*(3), pp.228-237. [Link](file:///Users/grantralston/Desktop/WRIGHT%20FOUNDATION%20CIC/COPD.Online/•%09https:/www.nature.com/articles/s41598-018-34014-5.pdf)
* Smith, B.M., Jensen, D., Brosseau, M., Benedetti, A., Coxson, H.O. and Bourbeau, J., 2018. Impact of pulmonary emphysema on exercise capacity and its physiological determinants in chronic obstructive pulmonary disease. Scientific reports, 8(1), pp.1-10. [Link](file:///Users/grantralston/Desktop/WRIGHT%20FOUNDATION%20CIC/COPD.Online/•%09https:/www.nature.com/articles/s41598-018-34014-5.pdf)
* NICE, G.U.T.U., 2018. Chronic obstructive pulmonary disease in over 16s: diagnosis and management. [Link](https://www.ncbi.nlm.nih.gov/books/NBK542426/)
* Barnes, P.J. and Drazen, J.M., 1996. Pathophysiology of asthma. In Asthma and COPD (pp. 343-359). Academic Press. [Link](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2042645/pdf/bcp_0372.pdf)
* Forey, B.A., Thornton, A.J. and Lee, P.N., 2011. Systematic review with meta-analysis of the epidemiological evidence relating smoking to COPD, chronic bronchitis and emphysema. BMC pulmonary medicine, 11(1), p.36. [Link](https://link.springer.com/article/10.1186/1471-2466-11-36)
* Mirza, S., Clay, R.D., Koslow, M.A. and Scanlon, P.D., 2018, October. COPD guidelines: a review of the 2018 GOLD report. In Mayo Clinic Proceedings (Vol. 93, No. 10, pp. 1488-1502). Elsevier. [Link](https://www.mayoclinicproceedings.org/action/showPdf?pii=S0025-6196%2818%2930409-9)
* Global Initiative for Chronic Obstructive Lung Disease. Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease—2020 report. November 2019. [Link](file:///Users/grantralston/Desktop/WRIGHT%20FOUNDATION%20CIC/COPD.Online/Global%20Initiative%20for%20Chronic%20Obstructive%20Lung%20Disease.%20Global%20strategy%20for%20the%20diagnosis,%20management,%20and%20prevention%20of%20chronic%20obstructive%20pulmonary%20disease—2020%20report.%20November%202019.)
* Vogelmeier, C.F., Criner, G.J., Martinez, F.J., Anzueto, A., Barnes, P.J., Bourbeau, J., Celli, B.R., Chen, R., Decramer, M., Fabbri, L.M. and Frith, P., 2017. Global strategy for the diagnosis, management, and prevention of chronic obstructive lung disease 2017 report. GOLD executive summary. American journal of respiratory and critical care medicine, 195(5), pp.557-582. [Link](https://www.atsjournals.org/doi/pdf/10.1164/rccm.201701-0218pp)
* Neumeier, A. and Keith, R., 2020. Clinical Guideline Highlights for the Hospitalist: The GOLD and NICE Guidelines for the Management of COPD. Journal of Hospital Medicine, 15(2), pp.e1-e2. [Link](https://www.journalofhospitalmedicine.com/jhospmed/article/217215/hospital-medicine/clinical-guideline-highlights-hospitalist-gold-and-nice)
* BTS/SIGN British Guideline on the Management of Asthma [Link](https://www.brit-thoracic.org.uk/quality-improvement/guidelines/asthma/) [Link to current recommendations and the initial screening procedures] Use this link to ensure all information.
* Floto, R.A., Olivier, K.N., Saiman, L., Daley, C.L., Herrmann, J.L., Nick, J.A., Noone, P.G., Bilton, D., Corris, P., Gibson, R.L. and Hempstead, S.E., 2016. US Cystic Fibrosis Foundation and European Cystic Fibrosis Society consensus recommendations for the management of non-tuberculous mycobacteria in individuals with cystic fibrosis. Thorax, 71(Suppl 1), pp.i1-i22. [Link](https://thorax.bmj.com/content/thoraxjnl/71/Suppl_1/i1.full.pdf)
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