

COPD - Asthma



Context

Y.D. is a 70 year old patient, a practicing surgeon, former athlete with deteriorated muscle tone. He presents with COPD and asthma, in addition to a very severe hyperinflated lungs. He has a VEF1 of 35%, and is treated with bronchodilators.

He was approached by a pneumologist for respiratory education, a reduction in his shortness of breath, and exercise rehabilitation.



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Objective

The patient is being treated for muscle reconditioning and a reduction in his shortness of breath.

His congestion clearance is complex, because he suffers from sticky distal secretions which are difficult to expectorate, which exacerbate his loss of breath and deteriorate his quality of life.

Parameters monitored

Chest expansion from 3 cm to 6 cm.

The lung function tests are taken at each session and demonstrate a real improvement.

Care provided

The patient is treated with:

- Ventilation education, coupled with peripheral muscular reconditioning
- Physical reconditioning on a treadmill
- Inhalation therapy
- Osteo-muscular-articular treatment for improved muscular elasticity, articular amplitude, and decreased lung hyperinflation through improved posture.

In a few sessions, the patient quickly became an expert in his disease, and participates actively in his rehabilitation. He is regaining a liking for physical activity.

Bronchial congestion clearance

Simeox was introduced as a complement to autogenic drainage, after a few months. In him, it has generated a frank clinical improvement of the distal congestion clearance.

Simeox appeared useful with regard to the extremely sticky, viscous mucus the patient suffers from. It makes the expectoration maneuvers, even directed ones, a source of fatigue and increased shortness of breath. The Simeox is therefore an interesting alternative in order to make the mucus more easy to mobilize.

Results

From the first autogenic drainage sessions, combined with the Simeox, the secretions became increasingly abundant and expectoration easier.

The patient adapted very quickly to the device, and even contributed to the improvement of its usage protocol, through the quality of his feeling.

Testimonial, Patient Y.D., COPD

"I have been using the Simeox for four months now, twice a week.

Of all the techniques I have used, it is by far the most effective for congestion clearing.

For the past few days, I feel congested again. I feel like I need to use the Simeox again. The proof of that is, I expectorated mucus twice this morning using the device. I think that the Simeox acts mainly on the congestion and I feel a completely positive effect.

There is a way to use the Simeox. Starting from the moment when you discover the position in which you can go as far as possible in exhaling without managing to cough, you can use it effectively.

The Simeox is less tiring and much more effective than other mechanical aids. It helps me go after mucus that is sometimes very deep down. Furthermore, when I spit it out, the mucus is much more yellow and dark than that obtained with other techniques. This mucus is secretions I am bringing up from the bottom of the bronchial tubes. "

Discussion

Even though the lung function test results do not appear significant, they demonstrate an improvement in distal flow rates.

Contributing to a frank improvement in his quality of life are the feelings of:

- Freedom in the airways,
- Less prolonged expiration,
- Noisy breathing,
- Decreased lung hyperinflation,
- Improved physical performance.

