

## AULA CALMA

### What is it?

AULA CALMA is a modular educational programme for patients and caregivers suffering from Dyspnea to learn about their condition and how to be prepared for their breathlessness crises. It is a series of participatory workshops and online content to acquire the knowledge, the skills and the mindset to better manage their crises and improve their quality of life.

In these training sessions, patients and caregivers will receive content about their condition, they will share personal stories and tips with other peers, reflect on their own experiences, help each other, do practical exercises and receive hardcopies of the main learnings to take home.

The different modules that define the curriculum cover all the needs of patients and caregivers with Dyspnea. However, its modularity allows the participants -together with their doctors-to decide which sessions to attend, where and when.

### Learning objectives

1. To **acquire knowledge** about Dyspnea and breathlessness -what it is, what are its symptoms, the risk factors, usual medication and the disease evolution- , the recommended lifestyle to better live with Dyspnea and the support resources available in the Healthcare system and the Community.
2. To **obtain the skills** to develop the personal strategies to reduce risk factors and spot the symptoms, to take your own decisions before, during and after a Dyspnea Exacerbation, to know how to reduce the anxiety during a crisis and to improve the communication with HCPs to make it more effective.
3. To **adopt a positive mindset** towards Dyspnea to stay engaged with your own care, to maintain a mental well-being, and to break the main blockages that might be an obstacle for a better management of Dyspnea.
4. To **co-create a community** of patients and caregivers living with breathlessness to facilitate new spaces in the healthcare system and beyond.

### Why is it needed?

Because by acquiring the knowledge, the skills and the mindset to better cope with their breathlessness crises, we are empowering patients and caregivers to have a greater sense of control over their condition, to reduce the anxiety during the moments of crisis and improve their overall quality of life. It will also help to improve communication between patients, caregivers and Healthcare Professionals, educating patients in when and how to contact their Care Team to ensure an appropriate dyspnea management. In the long term, this programme could allow the reduction of entries through the emergency line and, therefore, hospitalisation rates.

### Who is it for?

- Patients, caregivers and Care Pairs who lately suffered a breathlessness experience severe enough to start being conscious and concerned about Dyspnea. It could be during or after the diagnosis.
- Groups of maximum 20 participants, including patients and caregivers.

### **Entry points**

Patients and caregivers can be referred to Aula CALMA in these scenarios:

- A) After a conversation with their General Practitioner to discuss what are the most suitable modules according to their condition, needs and/or willingness to learn.
- B) After completing CALMA Coaching protocol.

### **Who delivers it?**

The workshops can be delivered by a multidisciplinary team of professionals. If possible, chest physicians, general practitioners, psychologists or pulmonary physiotherapists, among others, may join them to lead the modules more related to their fields.

### **Where and when?**

In order to distribute HealthCare Professionals workloads and to ensure flexibility and sustainability along the whole year, as well as participants' accessibility, each module will be organised and delivered in different Healthcare and/or Cultural Centres within the Ecosystem.

Location and timings will be determined by the team and the educational centre running each learning module. However, while the restrictive context of the COVID-19 pandemic lasts, ALL WORKSHOPS WILL BE HELD ONLINE.

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Find more information at: [www.aulacalma.com](http://www.aulacalma.com)