

CALMA project

What is it?

CALMA is a training programme and care protocol for Patients and Caregivers to learn how to better manage their daily Dyspnea and their Dyspnea Exacerbations. It includes a series of participatory workshops to learn how to brace a breathlessness crisis and a Reflection protocol after a hospitalisation because of a Dyspnea Exacerbation to learn from it and know how to react to future crises.

Taking the crisis framework as a reference, the CALMA programme includes different workshops and tools for patients, caregivers and healthcare professionals to better manage Dyspnea Exacerbations in all its phases.

The programme is formed by two learning approaches: Aula CALMA and CALMA Coaching.

- **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 exacerbations, hence improve their quality of life.

In these training sessions, patients and caregivers receive content about their condition, they share personal stories and tips with other peers, reflect on their own experiences, help each other and do practical exercises.

- **CALMA Coaching** is a protocol to be used with patients and their caregivers after a Dyspnea Exacerbation to make crises constructive. It offers a guide for Health Care professionals involved to support patients and caregivers in their transition back home during the first 24/72h and a guide to have a 1-to-1 reflective conversation with them one week after to learn together how to better cope with future crises.

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 **acquire the ability to reflect and learn** from each Dyspnea Exacerbation to improve the personal strategies and be better prepared for the next Breathlessness crisis.
5. To **co-create a community** of patients and caregivers living with breathlessness to facilitate new support groups and 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. (Aula CALMA)
- Patients, caregivers and Care Pairs who lately have been hospitalised because of a Dyspnea Exacerbation. (CALMA Coaching)

Who delivers it?

- The Aula CALMA workshops can be delivered by a multidisciplinary team of professionals. If possible, chest physicians, general practitioners, psychologists or pulmonary physiotherapists, among others, may lead the modules more related to their fields.
- The CALMA Coaching tools will be delivered by the nurses and Chest Physicians in the Hospital..
- The overall programme will be introduced and coordinated within each HealthCare centre by a Reference person who will guide and coordinate the whole team within that Centre.

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 area; creating, all together, a CALMA Ecosystem. However, while the restrictive context of the COVID-19 pandemic lasts, **ALL WORKSHOPS WILL BE HELD ONLINE.**

Location and timings of each session will be determined by the team and the educational centre running each learning module.

Website

The CALMA Programme is hosted online at www.aulacalma.com and it includes content and resources for both Patients&Caregivers and Professionals.

Patients & caregivers will find:

- Description and learning objectives of the programme.
- Basic information and enrolment forms for each workshops.
- Downloadable resources used in the Aula CALMA workshops.

Professionals will find:

- Service Descriptions of the programmes.
- Aula CALMA workshops toolkit (facilitation guides, slides, tools, etc.).
- CALMA Coaching toolkit: discharge pack with reflection template for conversations.

Find more information in: www.aulacalma.com