

Management of Respiratory Dysfunction

The conditions under which the patient experiences respiratory difficulties must be identified before development of a management program. Often the management of individuals with respiratory complications requires referral to a respiratory physician for comprehensive evaluation and management.

The following recommendations are a brief overview of some of the important factors regarding the management of respiratory dysfunction in these patients. It is essential that patients who are experiencing respiratory problems are referred for a comprehensive assessment and treatment program that a respiratory physician can provide.

General management strategies include:

- Preventive measures (pneumococcal vaccine, influenza vaccine);
- Ventilatory assistance – non invasive methods preferred;
- Identification and treatment of sleep disordered breathing;
- Training in breathing techniques and assisted coughing;
- Inspiratory muscle training;
- Stretching of tight accessory respiratory muscles and muscle relaxation;
- Postural correction – management of scoliosis;
- Aerobic exercise; and
- Weight loss.