## CPD EVENT RECORD BREATHING PATTERN DYSFUNCTION

Recording:

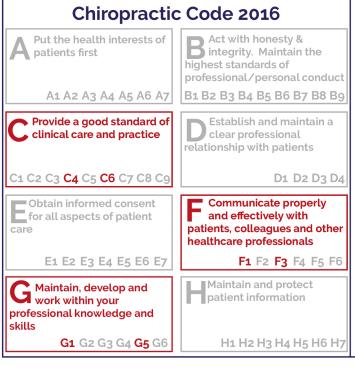
Learning
by Oneself

with Kelly Mitchell

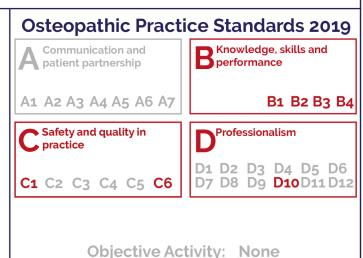
## **Summary**

This discussion looked at various aspects of breathing pattern dysfunction, including overbreathing, breath stacking, hypocapnia and large residual lung volume. Contributory factors such as post-viral damage (especially "long COVID"), hormonal changes as part of the menstrual cycle or pregnancy were explained and the psychological element, both as cause and consequence, were considered.

The aims and benefits of treatment were also outlined.







## **Evaluation, Reflection and Impact on Practice**

## Confirmation

Communication & Consent: No

I confirm that this is an accurate reflection of my learning during this event.