

Hi 'User',

This week, AKAdemy is pleased to present

## ***Understanding Options for Respiratory Rehabilitation***

### About the Course

Lauren Tracey, Willkin Health Advocate will take you through a four part series on the pathophysiology of common respiratory illnesses such as chronic obstructive pulmonary disease (COPD), pulmonary fibrosis (PF) and asthma. Learn how to focus your rehabilitation on education and behaviour change programs for optimal results.

### What will be covered

- Improving knowledge around lung health and it's non-pharmacological treatment
- COPD prevalence, pathophysiology and treatment
- PF prevalence, pathophysiology and treatment
- Asthma prevalence, pathophysiology, the difference between controlled, uncontrolled and severe asthma, pathophysiology and exercise induced asthma (EIA)
- Learn key aspects for assessment and review screening and diagnostic tools

### Presenter



Lauren Tracey is currently a second-year M.D., C.M. candidate at McGill University's Faculty of Medicine. She holds a B.Sc. H. in Kinesiology and an M.Sc. in Exercise Physiology, both from McGill University.

*Follow link to this week's online course.*

Watch for weekly AKAdemy emails with exciting new topics! Our goal is to bring you content to widen your scope and enhance your clinical strategies. Our courses will equip you with the tools and knowledge that you are looking for to pursue excellence as a Kinesiologist. To see how this course complements the *Kinesiology Areas of Practice* refer to this comprehensive outline here.

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Upcoming Course Next Week: Introduction to Job Demands Analysis