

# Breathing Pattern Disorder (BPD) / Dysfunctional Breathing

## WHAT IS BPD / DYSFUNCTIONAL BREATHING?

A GROUP OF DISORDERS WHERE THERE ARE CHRONIC CHANGES IN BREATHING PATTERN

### RESULTING IN:

- Dyspnoea
- Chest tightness
- Chest pain
- Deep sighing
- Exercise-induced dyspnoea
- Frequent yawning
- Hyperventilation

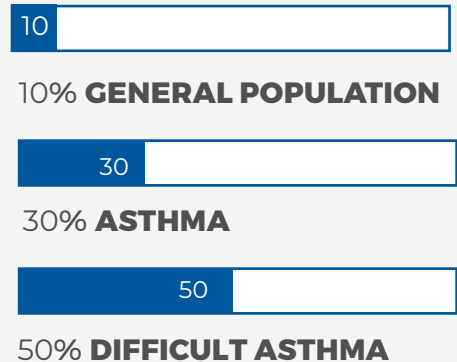


## HOW DOES IT RELATE TO ASTHMA?

### SYMPTOMS ARE OFTEN SIMILAR:

- Under-recognised in asthma population
- Causes symptoms disproportionate to lung disease severity

### PREVALENCE:



## DIAGNOSIS & ASSESSMENT:

- Nijmegen questionnaire
- Clinical observation
- Oximetry
- End tidal CO<sub>2</sub>
- Breath hold test (<30s)
- Ventilatory response
- Arterial blood gas
- Plethysmography

## TREATMENT OPTIONS:

### NOTE: BPD DOES NOT RESPOND TO ASTHMA TREATMENTS

- Breathing retraining by a qualified professional (e.g. physiotherapist) is recommended
- Having patients differentiate symptoms of BPD and asthma is an important goal

