

Réunion du groupe Dyspnée CPLF 2024

1. Congrès Dyspnea 2024

27-28 juin à Montréal : “Mechanisms, Measurement and Management”

2. Ateliers SPLF 2024 (Capucine Morelot)

Programme envisagé :

- le concept dyspnée (T. Similowski)
- évaluation de la dyspnée (matin) : quels outils selon la situation clinique et la pathologie?
 - o dyspnée chronique en consultation (T. Perez, C. Morélot)
 - o dyspnée aiguë en hospitalisation (M. Decavaele, N. Bautin)
 - o exercice : théorique et pratique (M. Beaumont, P. Laveneziana)
 - o atelier expérimental : ressentir la dyspnée (C. Morélot, M. Decavaele)
- traitement de la dyspnée (avec cas cliniques)
 - o les opioïdes (N. Bautin)
 - o la réhabilitation respiratoire avec ou sans entraînement musculaire, avec ou sans VNI? (M. Beaumont, B. Aguilaniu, J. Pernot)
 - o le traitement du cerveau: furosémide, menthol, ventilateur, TCC, hypnose, Tai-Chi, MDR, holistique (J. Pernot, C. Morélot, L. Seresse)

3. Présentations au CPLF 2025

Pas de sujet en lien avec le thème du congrès (pathologies respiratoires, environnement et changement climatique)

Titre : à définir

Modératrices : C. Morelot, N. Bautin

- 1) évaluation et prise en charge de la dyspnée : propositions de l'ERS (P. Laveneziana)
- 2) démarche diagnostique des dyspnées inexplicables (post covid, SHV, ILO, ..) (Orateur à définir)
- 3) place de la kinésithérapie dans la prise en charge de la dyspnée (M. Beaumont)

4. Projets de recherche

- étude en cours sur le MCID du MDP en réhabilitation (collaboration avec le groupe Alvéole)
- projet de traduction des propositions ERS à venir sur l'évaluation et la prise en charge de la dyspnée

- projet de traductions du Breathing Vigilance Questionnaire et du Self Evaluation of Breathing Questionnaire (ci-dessous)
- Autres à venir: validation des questionnaires, cohorte de dyspnée inexpliquée

5. Nouveau bureau élu pour 4 ans

Nathalie Bautin, coordinatrice

Capucine Morelot, coordinatrice adjointe et trésorière

Pierantonio Laveneziana, secrétaire

Steinmann J, Lewis A, Ellmers TJ, Jones M, MacBean V, Kal E. Validating the Breathing Vigilance Questionnaire for use in dysfunctional breathing. Eur Respir J. 2023;61(6):2300031.

Breathing Vigilance Questionnaire (Breathe-VQ)					
Please read the sentences below and choose a number between 1 (never) and 5 (always) that best describes how you typically feel in relation to your breathing.					
	Never		Sometimes		Always
1. I closely monitor how difficult my breathing feels	1	2	3	4	5
2. I become alarmed when I experience breathlessness or tightness in my chest	1	2	3	4	5
3. I am highly aware of small changes in how my breathing feels	1	2	3	4	5
4. I feel as if I am more aware of my breathing than other people	1	2	3	4	5
5. When something happens that affects my breathing, I am anxious to work out how breathless I am	1	2	3	4	5
6. I worry about fluctuations in my breathing	1	2	3	4	5

NB: Item scores are summed to yield a total score ranging from 6 to 30 points, with higher scores suggesting greater breathing vigilance.

NB: This questionnaire is **free to use** by anyone, provided they are adhering to the following license conditions: **CC BY-NC-SA**.

Courtney R. Greenwood KM. Preliminary investigation of a measure of dysfunctional breathing symptoms: The Self Evaluation of Breathing Questionnaire (SEBQ). *Int J Osteopath Med.* 2009;12(4):121-127.

Recognizing and Treating Breathing Disorders

APPENDIX 2 The Self-Evaluation of Breathing Questionnaire

Scoring this questionnaire: (0) never/not true at all; (1) occasionally/a bit true; (2) frequently/mostly true; and, (3) very frequently/very true

1) I get easily breathless out of proportion to my fitness	0	1	2	3
2) I notice myself breathing shallowly	0	1	2	3
3) I get short of breath reading and talking	0	1	2	3
4) I notice myself sighing	0	1	2	3
5) I notice myself yawning	0	1	2	3
6) I feel I cannot take a deep or satisfying breath	0	1	2	3
7) I notice that I am breathing irregularly	0	1	2	3
8) My breathing feels stuck or restricted	0	1	2	3
9) My ribcage feels tight and can't expand	0	1	2	3
10) I notice myself breathing quickly	0	1	2	3
11) I get breathless when I'm anxious	0	1	2	3
12) I find myself holding my breath	0	1	2	3
13) I feel breathless in association with other physical symptoms	0	1	2	3
14) I have trouble coordinating my breathing when speaking	0	1	2	3
15) I can't catch my breath	0	1	2	3
16) I feel that the air is stuffy, as if not enough air in the room	0	1	2	3
17) I get breathless even when resting	0	1	2	3
18) My breath feels like it does not go in all the way	0	1	2	3
19) My breath feels like it does not go out all the way	0	1	2	3
20) My breathing is heavy	0	1	2	3
21) I feel that I am breathing more	0	1	2	3
22) My breathing requires work	0	1	2	3
23) My breathing requires effort	0	1	2	3
24) I breathe through my mouth during the day	0	1	2	3
25) I breathe through my mouth at night while I sleep	0	1	2	3

Courtney, R., Greenwood, K.M., 2009. Preliminary investigation of a measure of dysfunctional breathing symptoms: the Self Evaluation of Breathing Questionnaire (SEBQ). *International Journal of Osteopathic Medicine* 12, 121–127.