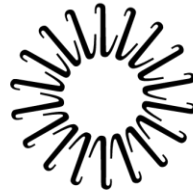


Energy Conservation



Lifespan Cardiovascular Institute

**Rhode Island Hospital • The Miriam Hospital
Newport Hospital**

Delivering health with care.®

The Center For Cardiac Fitness
Pulmonary Rehab Program
The Miriam Hospital

What is Energy Conservation?



- Energy conservation refers to ways to make a task easier!
- By following a few guidelines, you can make daily routines less tiresome and save your energy for the things you really want to do!

The general guidelines

- Plan Ahead!
 - Simplify by minimizing the steps in a task
 - Combine tasks to eliminate extra work
 - Organize your work space and reduce clutter
 - “Be prepared” make sure that you have everything you need (supplies and equipment) ready before you start the activity

Organize your space



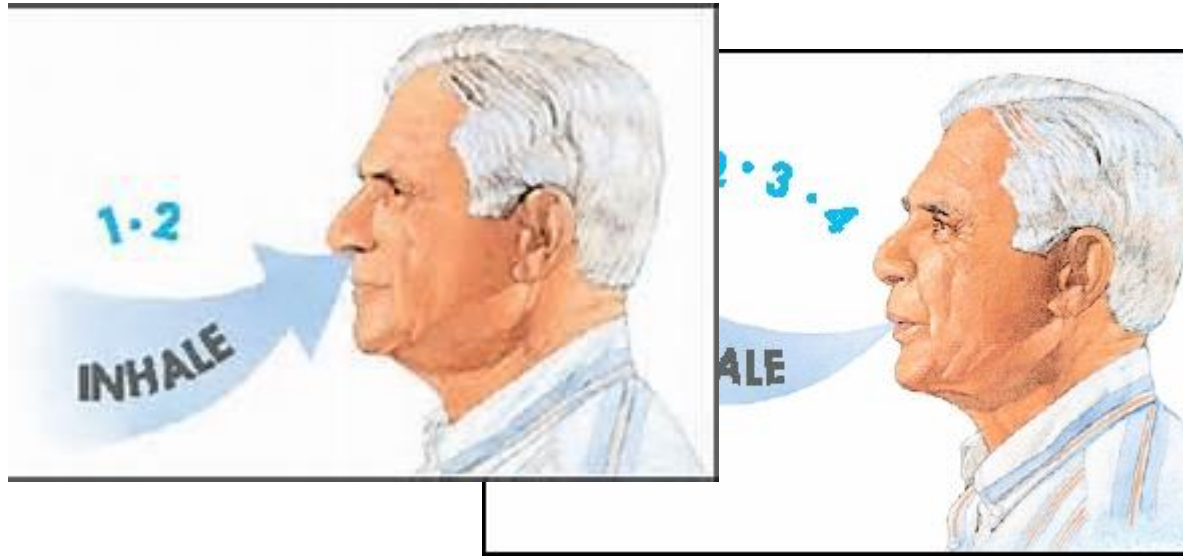
Prioritize!

- Prioritize
 - Do the most important tasks and eliminate the unnecessary ones
 - Get help by hiring someone or assigning duties to family members.
 - Invest in equipment that will help you
 - Adaptive equipment, electronic appliances, etc.
 - Install swing out shelving, revolving shelves
 - Invest in an apron with pockets to carry items for cooking or cleaning

Pacing

- Pacing
 - Allow enough time to complete the activity without rushing
 - Modify activities that involve prolonged strain
 - Listen to your body signals. Learn to recognize fatigue before you get overtired
 - Balance work and rest periods and work at a moderate pace. Finish the task later if needed.
 - Distribute heavy tasks throughout the week (not all on one day)
 - Do frequent maintenance to avoid large jobs

Use pursed lip breathing while you are performing a task.



Positioning

- **Positioning yourself** to conserve energy:
 - Sit to work when possible
 - Use good body mechanics and posture
 - Your lungs work better and your body is more efficient when you are upright versus slumped
 - Use slow, smooth movements when completing tasks.

Positioning: Sitting While Cooking



Positioning

- **Your Environment**
 - Organize your storage areas
 - Arrange work items within easy reach
 - Have correct counter or work heights, noise level, and lighting.



Wire Shelf
in fridge



Turn Table
in fridge

Positioning

- **Objects:**
 - Slide rather than lift objects
 - Use wheels to transport objects rather than carry them
 - Let gravity assist when possible
 - Use long handled tools to minimize reaching and bending



Adaptive Equipment Can make a job easier

Long handled tools can make things easier
by eliminating bending!



Energy Conservation While Bathing



Energy Conservation While Bathing

- To breathe better while bathing:
- Consider using a tub seat
- Make sure that there is good ventilation-open a window or leave the door open if needed
- Make sure that the water isn't too hot-too much steam!
- If you need oxygen-use it!!!

Walking/ Stair Climbing

- Use pursed lip breathing to pace your steps when walking or climbing stairs
- Take your time and concentrate on the quality of the movement-ie. It's fine to feel like you are working, but you don't want to feel like you are severely short of breath



Bending- try to keep the back straight and bend from your hips. Blow out as you bend.
Watch your posture!

