Mutual care taking: collectively creating our respiratory wellbeing with open sciences

Breathing Games
WHO GARD Beijing 2019

Collaborations with weblinks
1. Breathing Games
2. Concordia U, Montreal
3. CHU Sainte-Justine, Montreal
4. Hôpital Necker, Paris
5. IRIB CNR, Palermo
6. Korea U, Seoul

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Awareness: breath as a way to feel life, from childhood.
Universal health: mutualizing resources to end poverty.
Partnership: reducing barriers with remote participation.
Publications, videos, games: www.breathinggames.net

Worldwide, out of 10 people

- Opened source breath and air quality controllers

- Asthma, COPD...

- 6 people have no access to treatment, or are not encouraged to follow it.
Air pollution alone kills 7 million people yearly, reduces our life expectancy by 20 months, and costs 6% the gross world product.
Devices to assess lung capacity remain often unavailable in low / middle income countries.

We co-create inclusive, open science knowledge:

- libre/gratis education to reduce risks and make care fun

- Asthma: 5 games tested, one available in Italian, English, French

- Cystic fibrosis + COPD: 3 new games

- Peak flow: test ongoing

- Integration of air data: ongoing

- 6 events: Canada, France, Switzerland, South Korea

- Exposed to risks A-E

- No access to care F

- Diagnosed G

- Non-adherence H

ACTIONS (2019 RESULTS)

- Asthma, COPD, ...

Sources with weblinks

A. WHO '19. Air pollution.
B. WHO '19. Household air pollution.
C. WHO '19. World no tobacco day.
F. WHO '17. Half the world lacks...
G. FIRS '18. Global impact respi disease.
H. WHO '03. Adherence to long-term...
L. BMC Proc '15. Improving access...

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4. Hôpital Necker, Paris
5. IRIB CNR, Palermo
6. Korea U, Seoul
7. CHUL, Quebec
9. Hôpital Cochin, Paris
10. Arc-en-Ciel, Besançon
11. FGLM, Geneva

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