Energy Conservation Techniques

What are energy conservation techniques?
Energy conservation techniques are ways to modify activities to prevent exhaustion. Using these strategies to do the things you have to do may help you to have energy left over to do the things you want to do.

Who benefits from energy conservation techniques?
People with heart and/or lung failure can benefit from energy conservation techniques.

What are some examples?
- Pace activities and spread them throughout the day/week.
- Plan the day in advance so that you won’t feel rushed.
- Break up tasks into small steps and rest in between.
- Sit down instead of standing for most any activity.
- Work with arms below the shoulders as overhead activities are more taxing.
- Avoid ironing by buying clothing made from wrinkle resistant fabrics.

Are there specific ideas for bathing?
- Sit down while washing, showering, dressing, and grooming.
- Consider an electric toothbrush.
- Use tepid water instead of a hot shower.
- Consider showering at night so that you can go directly to bed afterward.
- Be sure to use oxygen in the shower if it is prescribed for activity.

During the shower
- Try a hand held shower head if you feel short of breath under the shower.
- If steam is bothersome, keep the door ajar or use an exhaust fan.
- Keep windows and doors open to avoid steam.

After the shower
- Use ‘grab bars’ and no skid flooring to help prevent falls.
- Wrap in a terry cloth robe after showering instead of towel drying.
What about meal preparation?
- Make one dish meals (casseroles). These are easy to prepare and clean up.
- Prepare several portions at once and freeze in individual packages for future use.
- Use the microwave or crock pot.
- Drain dishes in a rack. Let them air dry.
- Pace yourself while cooking. Try not to rush.

Resources:

This resource provides brief, general information about this health care topic. It does not take the place of specific instructions you receive from your health care providers. For answers to other questions consult your physician or other health care provider.

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