Introduction
Among the various symptoms of Chronic Obstructive Pulmonary Disease (COPD), dyspnea was the most essential and disabling symptom which might lead to physical inactivity and compromise of the quality of life in patients. Previous studies demonstrated positive effects in using non-invasive means of Transcutaneous Electrical Nerve Stimulation over acupuncture points (Acu-TENS) located at the upper back to alleviate dyspnea and improve FEV1 for COPD patients. Though effective, the anatomical location of the designated acupuncture points posed difficulty for self-administration. Moreover, the feasibility of continuing home care with self-administration of Acu-TENS to sustain the carry-over of therapeutic effect was not reported.

Objectives
To investigate the effectiveness of Acu-TENS in reducing dyspnea in patients with COPD prior to discharge from hospital.

Methodology
Service evaluation adopting quasi-experimental one-group Pretest-Posttest design was conducted. Patients diagnosed with COPD of stage 3 or 4 (GOLD classification) were recruited to receive 45 minutes of Acu-TENS over Chize (LU5) and Lieque (LU7) located at bilateral forearms in sitting position. Dyspnea was measured by shortness of breath 100-mm visual analogue scale (SOBVAS). Respiratory rate (RR) was measured by counting the chest respiratory movement in one-minute and lung function was evaluated by FEV1. Paired t-test was used to analyze the result.
**Result**
From 1 September to 31 December 2014, thirty patients (three females and twenty-seven males) with mean age of 76.27±8.78 completed the program. Statistically significant improvements were found in all outcome measures. SOBVAS reduced from 41.63±18.94 mm to 14.87±13.79 mm (p=0.000) which also exceeded the recommended minimal clinical important difference (MCID). RR reduced from 22.67±5.19 to 17.70±4.15 (p=0.000) and FEV1 also improved from 0.74±0.35L to 0.77±0.36L (p=0.001). Acu-TENS using forearms acupuncture points was effective in alleviating the dyspnea symptom and improving the pulmonary function in patients with COPD. Hence, compliance of home program with self-administration of Acu-TENS can be promoted. Patient’s perceived control / confidence in managing dyspnea attack is also enhanced which is conducive for patient to engage in more therapeutic or recreational activities. Further investigation is suggested to evaluate the sustained effect of Acu-TENS on Chize(LU5) and Lieque(LU7) for dyspnea management in patients with COPD.