



Specialist services for people with chronic obstructive pulmonary disease (COPD)

Services provided by:
Barnsley Clinical Commissioning Group
South West Yorkshire Partnership Trust
Barnsley Healthcare Federation
Barnsley Hospital NHS Foundation Trust
Barnsley Primary Care

Pulmonary rehabilitation

If your breathing is limiting what you can do, ask your practice nurse or GP to consider referring you to the Barnsley pulmonary rehabilitation programme

Pulmonary rehabilitation is a mixture of physical activity sessions and discussion and advice about your COPD. It will help you to manage your COPD symptoms and feel more in control.

What are the benefits of pulmonary rehabilitation?

People who have had pulmonary rehabilitation usually find they:

- Feel stronger and fitter, and are able to do more
- Feel less breathless doing day-to-day activities, such as walking upstairs, shopping and dressing
- Are able to walk further
- Feel less tired
- Have improved quality of life
- Understand more about their condition
- Feel more confident and in control.

What does it involve?

The Barnsley programme is run over six weeks and consists of two sessions a week. The sessions include exercise, discussions and advice on topics such as:

- Breathing techniques
- How to manage stress
- Healthy eating
- How to use your inhalers and other medicines
- What to do when you are unwell

Being active and exercising can help improve your breathing, your fitness and your quality of life. Coming to pulmonary rehabilitation is a good way to learn how to exercise at the right level for you.

The programme is run by specially trained nurses, physiotherapists and exercise instructors. They will teach you how to increase your activity safely and effectively.

Before starting the programme you will be seen by one of the nurses or physiotherapists. They will find out more about you to ensure that your pulmonary rehabilitation programme is tailored specifically for you and will answer any questions you have.

Being with other people who have similar problems to you can also be very helpful, as well as making sessions enjoyable and fun. Group members often share useful tips with one another.

Where are the courses held?

The programmes are currently held at:

Dorothy Hyman Stadium, Cudworth

Satellite venues in rotation are:

- **Hoyland Sports Centre**
- **Recovery College, Gawber Road, Barnsley**
- **Dearneside Leisure Centre, Goldthorpe**

Other venues may be available, please speak to your GP or practice nurse for more details.

The service offers self-referral onto the programme. If you would like to know more please contact us on 01226 719781. Please be aware that if you accessed the service we would need to contact your GP for further information in relation to your lung condition.

The pulmonary rehabilitation team can also give you advice on transport options and claiming back travel costs if you are on a low income.

Patients who have had pulmonary rehabilitation said:

“

I have not needed antibiotics or steroids since I finished the programme 18 months ago, I needed them just about every month before.

”

“

I can do more physically, and use my inhalers correctly. I loved the education sessions. I joined the long term exercise sessions at Dorothy Hyman 18 months ago, I go twice a week and have made so many new friends.

”

Long term exercise

There are additional long term exercise programmes that are available locally once you have completed your six week Pulmonary rehabilitation sessions. Please note that there may be a charge to access these additional services but the Pulmonary rehabilitation staff will be able to give you advice.

Home oxygen assessment service

Some people with COPD develop low oxygen levels in their blood. Over a long time this can lead to a strain on the heart.

If you have low blood oxygen levels, the use of oxygen at home could be of benefit to you. However, in order to get the benefits you need to use the oxygen for at least 15 hours a day every day over a long period. Portable oxygen may be given if deemed appropriate by the doctor or nurse.

If you have moderate or severe COPD, your doctor or nurse should check your oxygen saturation level at your check-ups. If your oxygen level is below 92%, then you should be referred to the home oxygen service for more detailed tests to see if you would benefit from long term oxygen.

Many people with COPD ask their doctor for oxygen thinking it will help when they are feeling breathless. Oxygen does not treat breathlessness. However, there are many other things that you can do to help with the feeling of breathlessness. The breathing and relaxation exercises given in the British Lung Foundation leaflet often help. If you are troubled by breathlessness ask your doctor or nurse to review your treatment and whether you should be referred for pulmonary rehabilitation.

Respiratory specialist nurses

If you are having a lot of flare ups or if your COPD is becoming more difficult to manage, your GP, practice nurse or community matron may ask for advice from one of the respiratory (lung) specialist nurses. The specialist nurses may see you at your GP surgery or visit you at home. They will ask how you are feeling and how your COPD is impacting on your life and together with you and your GP surgery, come up with a plan as to how to improve your treatment. They will then usually hand your care back to your GP practice and/or community matron.

Consultant advice

Occasionally, your GP may feel that you need further tests or advice is needed from a consultant who specialises in lung conditions.

In the past this has usually meant that patients see the consultant in the outpatient department at Barnsley Hospital or another local hospital.

As well as increasing the number of respiratory nurse specialists who can advise GPs, we are also making it easier for GPs to get advice from consultants by phone and e-mail. This will make it quicker for the GP to get advice on how to help you and prevent some patients from having to travel to the hospital for an outpatient appointment.



Exacerbation support

Sometimes patients have such bad flare ups that they have needed to be admitted to hospital. We know that most patients would rather stay at home when they are unwell, so by the end of 2017 we will have some new services to help you stay at home when you are having a bad flare up and to help you to get out of hospital quicker if you do need to be admitted. This will include:

- Urgent advice being available to GPs and community matrons 7 days a week from specialist respiratory nurses and consultants
- Emergency clinics with respiratory consultants
- Specialist respiratory nurses working in A&E, helping A&E doctors to arrange support in the community for people who could be looked after at home
- Specialist respiratory nurses and physiotherapists who can visit patients at home on a daily basis when they are having a bad flare up. Initially this will be for patients who have been admitted to hospital to help them get home quicker and for patients who have been seen in A&E or the respiratory consultant emergency clinic. We hope to also include this service for people who have not been to the hospital by the end of 2018.

Psychological support

- Living with a long term condition is not easy. Physical symptoms such as breathlessness and coughing, feeling more tired and being less active can mean you feel more stressed, anxious or depressed
- Don't bottle things up – talking to a friend or relative or your doctor or nurse can help
- If you are depressed or feeling very anxious you can also ask for a referral or self-refer yourself to:

Barnsley Improving Access to Psychological Therapies (IAPT)

Phone: 01226 644900

You can self-refer from 9am - 5pm, Monday - Friday.

Peer support group - Breathe Easy Barnsley

This is a British Lung Foundation support group supported by the specialist respiratory nurses. Make new friends who know what you're going through, and learn more about living with a lung condition.

When: Third Thursday of every month.

Time: 2pm - 3.30pm

Phone: 03000 030 555.

Where:

Dorothy Hyman Sports Centre, Snydale Rd, Cudworth, Barnsley, South Yorkshire, S72 8LH.



Local pharmacies

Your local pharmacy can give you advice about the medicines you are taking and how to use your inhalers. They can also give you advice on the management of minor ailments and illnesses. Many offer the flu vaccination free to people with chronic lung disease.

Other local services

Be Well Barnsley

Support to help you to improve your health by giving up smoking, eating a healthier diet or losing weight, becoming more active, reducing stress, improving your mood and drinking more sensibly.

Phone: 0800 016 9133

Email: hello@bewell-barnsley.com

Web: www.bewell-barnsley.com

My Best Life

Sometimes non-medical problems can affect our health and wellbeing – such as money problems, difficulties with housing or feeling lonely or isolated. My Best Life is a new service run by South Yorkshire Housing Association. Their advisors will help connect people with local forms of non-medical support – such as organisations who can help with welfare or housing advice or local community groups or activities. They can visit you at home, or wherever you feel most comfortable, at a time that suits you best – including evenings and weekends

They'll work with you to put together your own action plan that can help with a range of things, including:



- Improve mental wellbeing
- Lead a healthier lifestyle
- Improve your home environment
- Get involved in your local community
- Maximise your income and access benefits
- Find work, training and volunteering opportunities

Ask your GP, nurse or social worker to refer you.

To find out more about what they can do, call 07970 399427

Best Foot Forward – Walk Well Barnsley

Walking is a great way to get fit, explore what's on your doorstep and make new friends. Join one of our free and friendly short walks today.

Phone: 01226 644562

Email: rebecca.bibbs@swyt.nhs.uk

Live Well Barnsley

This website contains information about services and activities in Barnsley.

Web: www.livewellbarnsley.co.uk

Dial a Ride

Accessible transport for people who have difficulty using mainstream public transport.

Phone: 01226 732096

Web: www.travelsouthyorkshire.com/transportaccessibility/

Barnsley adult social Services

Phone: 01226 773300

E-mail: socialservices@barnsley.gov.uk

Web: www.barnsley.gov.uk/#/services/adult-health-and-social-care/ and a new web-based collection

Independent Living at Home (ILAH)

This service provides short-term support, for up to six weeks, to help people who have been in hospital or had a period of illness to regain living skills and independence.

It's free and you can self-refer or be referred by any agency that's already supporting you.

Phone: 01226 775671

Web: www.barnsley.gov.uk/promotions/independent-living/

Equipment and adaptations

Phone: 01226 775800

Website: access www.barnsley.gov.uk and search equipment and adaptations.

Support for carers

A carer is someone who provides unpaid care or support to another person. Many people who care for others don't see themselves as carers; they're mums and dads, husbands, wives, partners, brothers, sisters, friends and neighbours. The support that carers give can have a huge impact on the lives of those they care for.

If you provide care for another adult and you think you may need support, you're entitled to a carers' assessment. You can have one regardless of whether the person you care for receives help from the council or not.

Phone: 01226 773300

Web: access www.barnsley.gov.uk and search support for carers.

Age UK

Independent charity supporting the wellbeing of people in later life.

National advice line: 0800 678 1174

Web: www.ageuk.org.uk

Age UK Barnsley

Phone: 01226 776820

Web: www.ageuk.org.uk/barnsley

Welfare rights

Free confidential service that provides advice regarding the social security system

Phone: 01226 772360

Website: access www.barnsley.gov.uk and search welfare rights.

NHS 111

111 is the NHS non-emergency number. It's fast, easy and free. Call 111 and speak to a highly trained adviser, supported by healthcare professionals. They will ask you a series of questions to assess your symptoms and immediately direct you to the best medical care for you.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

You should use the NHS 111 service **if you urgently need medical help or advice but it's not a life-threatening situation**. Call 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to A&E or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

For less urgent health needs, contact your GP or local pharmacist in the usual way. **If a health professional has given you a specific phone number to call when you are concerned about your condition, continue to use that number.**

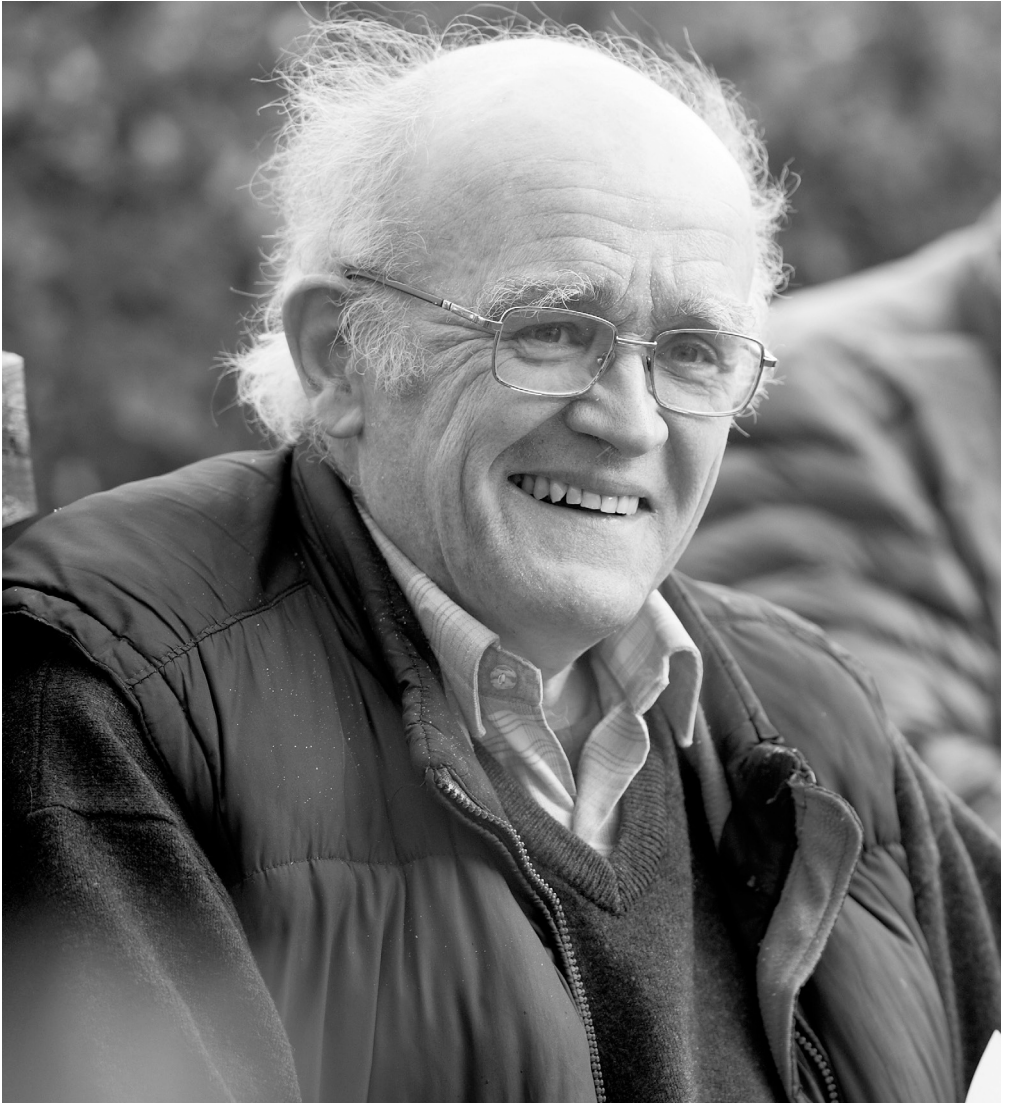
For immediate, life-threatening emergencies, continue to call 999

I Heart Barnsley

Additional GP and nurse appointment available to anyone across Barnsley.
Appointments over the phone or face to face, at convenient times for you:
9am -10pm Monday to Friday and 9am to 1pm on Saturday and Sunday.

Phone: 01226 242429

Web: www.iheartbarnsley.org.uk



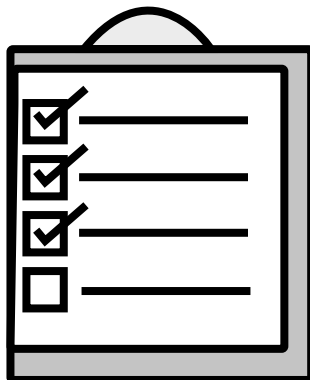
Getting the best from your appointments

Have you ever come out of your appointment with the doctor or nurse feeling you haven't got the answers you needed?

Before your appointment

- Make a list of anything that is concerning you or questions that you would like to ask
- Think about how well your symptoms are controlled. You may like to complete the CAT questionnaire.
- How often you are having flare ups
- How your COPD is affecting you and your families everyday life, including any feelings of anxiety or depression
- Any other symptoms or problems you may be having
- Whether you have had problems with your medicines
- Take your current medications with you to the check up

(information sourced from the British Lung Foundation website www.blf.org.uk/support-for-you/getting-the-best-from-your-doctor)





Your name:

Today's date:

How is your COPD? Take the COPD Assessment Test™ (CAT)

This questionnaire will help you and your healthcare professional measure the impact COPD (Chronic Obstructive Pulmonary Disease) is having on your wellbeing and daily life. Your answers, and test score, can be used by you and your healthcare professional to help improve the management of your COPD and get the greatest benefit from treatment.

For each item below, place a mark (X) in the box that best describes you currently. Be sure to only select one response for each question.

Example: I am very happy 0 1 2 3 4 5 I am very sad

SCORE

I never cough	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I cough all the time	<input type="text"/>
I have no phlegm (mucus) in my chest at all	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	My chest is completely full of phlegm (mucus)	<input type="text"/>
My chest does not feel tight at all	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	My chest feels very tight	<input type="text"/>
When I walk up a hill or one flight of stairs I am not breathless	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	When I walk up a hill or one flight of stairs I am very breathless	<input type="text"/>
I am not limited doing any activities at home	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I am very limited doing activities at home	<input type="text"/>
I am confident leaving my home despite my lung condition	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I am not at all confident leaving my home because of my lung condition	<input type="text"/>
I sleep soundly	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I don't sleep soundly because of my lung condition	<input type="text"/>
I have lots of energy	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I have no energy at all	<input type="text"/>

TOTAL SCORE

Questions you may like to ask during the appointment

Diagnosis

- What is wrong with me?
- Will I need tests?
- What are my treatment options?

Tests

- What are the tests for?
- How and when will I get the results?

Treatment

- How can my condition be treated? What do you recommend?
- Are there any side effects or risks? If so, what are they?
- How long will I need treatment for?
- How effective is the treatment?
- What will happen if I don't have any treatment?
- What can I do to help myself?
- Do I need to change my daily routine?

Medication

- What will the new medication do?
- How do I take it?
- Does it have any side effects? Is it safe to take it alongside my other medications?
- Can you show me how to use my inhalers?

What next?

- What happens next?
- Where can I get more information?
- Is there a support group or any other sources of help?

Where can I get more information?

- Is there a leaflet you can give me?
- Are there any good websites or helplines?
- Are there any support groups locally?

Additional advice

Take a friend

Take a friend or relative with you if this makes you feel more comfortable. They can also help you to understand and remember what your doctor said.

Take a list of your medication

Make notes

Write down the important points that your doctor tells you. If you don't understand any words, ask for them to be written down and explained to you.

Make sure you understand

If you get test results, ask your doctor to explain them. If there's anything you don't understand, don't be afraid to ask again.

What if you've got questions later?

Before you leave, ask who you can contact if you have any more problems or questions. Find out where you can get reliable information about what you've discussed. Ask for copies of letters written about you – you are entitled to see them.

Your pharmacist will also be happy to answer questions about your medication.

