



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

This booklet includes information about some of the key services in Barnsley that people with COPD and their families and carers may find helpful. It also gives details of national sources of information about COPD.

We hope that you will find the information helpful.

Your doctor or nurse may also have given you a copy of:

- **British Lung Foundation leaflet 'COPD: Living with Chronic Obstructive pulmonary disease'** – Information that will help you and your family, friends and carers to understand more about COPD, how it may affect you and the things that you can do to help stay healthy. If you have not been given a copy, you can order a free copy from the British Lung Foundation help line or download from their website.
- A separate **self-management plan** that is personalised to you. This will give the drugs that you are on, any actions you have agreed with your nurse or doctor and advice on what actions to take when you are unwell.
- A copy of the measurements made during your reviews.

You may also like to ask for a copy of any clinic letters or hospital discharge summaries about your COPD.



Other sources of information about COPD

BRITISH LUNG FOUNDATION

Produces some great free information leaflets on COPD in a range of different languages and also has some DVDs. They also have a help line with an interpretation service.

Telephone: 03000 030 555

Helpline available Monday to Friday 9am to 5pm, all calls cost no more than a local call from a landline or mobile.

Web: www.blf.org.uk

Want to check if you are getting the best COPD Care?

Check out the British Lung Foundation's patient passport at blf.org.uk/passport

NHS CHOICES

www.nhs.uk/conditions/Chronic-obstructive-pulmonary-disease



Working with Barnsley CCG
to help you get the best out of life

Online films giving high quality information about COPD. The films, which last 3 - 5 minutes, will help you take control of your condition.

COPD films include:

- How can COPD affect my life?
- Breathing techniques
- Getting the best out of your GP
- Smoking and COPD
- Keeping active
- What is pulmonary rehabilitation
- Why do I feel anxious

HOW TO GET STARTED

1. Go to **www.thesounddoctor.org**
2. To the right hand side of the page click on the icon called 'Log in'.
3. Enter the username and password:
4. **Username:** respiratorynurses@barnsley.com
Password: nursesinbarnsley
5. You should now be logged onto Sound Doctor.
6. Select a film by choosing COPD in the drop down box at the right hand side of the screen and select from one of the many films available.

If you don't have a computer / tablet / smartphone, try asking family members if they can help or you can go to your local library and use a computer there.

Local services to support people with COPD

Support to stop smoking

If you smoke, the most effective treatment for COPD is to stop.

If you carry on smoking, your lungs will get much worse, much more quickly. Stopping smoking will slow down the rate of lung damage. You will also notice quickly after stopping that you are coughing less, having less phlegm and having fewer flare ups.

Giving up smoking can be difficult but help is available.

You're four times as likely to quit with help from NHS support services and medications.

Yorkshire Smokefree

Yorkshire Smokefree has already helped thousands of people across Yorkshire quit, so let them help you. **You quit, your way.** We know that different things work for different people, so our free and confidential NHS stop smoking specialists can help find what's right for you. Deciding to quit smoking is a big decision, but one that you won't regret. All of our staff are friendly, approachable and non-judgemental; that's how we get such good results.

The service can be contacted on:

0800 612 0011 (free from landlines)

0330 6601 166 (free from most mobiles)

or visit:

www.yorkshiresmokefree.nhs.uk

Telephone support

If you fancy a chat then just give us a call on **0800 612 0011** (free from landlines) or **0330 6601 166** (free from most mobiles).



We can tell you more about your choices and your local service, or you can complete your entire quit journey with us – on the phone. Even if you just want to talk about whether you're ready to stop, we're here to help.

We can also provide ongoing support via text, but only if you choose this option. We promise we won't bombard you with text messages!

Come and see us

We'd love to see you! We run a variety of groups and clinics so there are plenty of opportunities for you to come and see us, whether you want to come somewhere close to where you live or where you work.



You can find all our locations on our website or just give us a call.

Quit online

Our online quit programme lets you create your own personal profile and you get interactive support during your quit journey.

You get all the support you need 24/7 and you can access it whenever or wherever you like.

It includes:

- A personal plan
- Pledges and rewards
- Personalised tools
- Optional motivational messages by email or text
- Online chat with our advisors
- An online community to connect with other quitters

We even have a live chat facility, so you can have a virtual conversation with a stop smoking specialist.



Find out more at
www.yorkshiresmokefree.nhs.uk



At your GP surgery

Most of your health care for your COPD will come from nurses and GPs at your GP Surgery.

Regular check-ups (reviews)

You should see your practice nurse regularly for check-ups. They may call this your annual review.

Most patients with **COPD** should have a **routine check-up at least once a year**. Patients with very severe COPD should be routinely seen at least twice a year.

Your doctor should send you an invitation to come for the check-up but don't wait – if you are due for a check-up or if you are concerned about anything make an appointment.

You should go for your check-up even if you're feeling well.

You should also be seen whenever you have a flare up and two weeks after any hospital admission because of your COPD.



What happens at a check-up?

Before your check-up, you may be invited to the surgery for an appointment to:

- Check how well your lungs are working by blowing into a machine (spirometry)
- Measure the oxygen levels in your blood if you have moderate or severe COPD or any signs of heart strain. This is done using a small clip that goes over your finger.
- Weigh you, check your blood pressure and take some blood tests

You may be given some questionnaires to fill in that ask about your symptoms e.g. the COPD Assessment Test (CAT test)

At the check-up, your nurse will develop with you a **personalised self-management plan** and some goals for what you can do to help improve your health and wellbeing. They will:

- Answer any questions that you have about your illness, its impact on your life and what you can do to help to cope with it
- Check how you are using your inhalers
- Review whether you need any changes to your medication or further investigations
- Go through with you what to do when you have a flare up
- See if you would benefit from pulmonary rehabilitation.
- See whether referral to any other health care professional (e.g. specialist respiratory nurses, community matrons, physiotherapist, occupational therapist, dietitian) or other agencies would be helpful
- Consider whether your family and anyone who helps to look after you need any help or support
- Remind you to have your flu jab and check that you have had a pneumococcal vaccination

As well as offering you COPD check-ups, your GP practice:

Will help you manage your flare ups

A flare up – sometimes called an exacerbation – is when your symptoms become particularly severe. You may be more breathless, cough more, produce more sputum and / or have a change in the colour of your sputum.

Most flare ups can be treated at home with help from your GP surgery.

It is important that you seek help quickly when you have a flare up.

Your nurse or GP will explain to you how to recognise a flare up and what you need to do if you have one.

Offer you flu and pneumococcal vaccinations:

It's really important that you have a flu jab every year. Flu can be a serious illness if you have COPD.

If you can't get to your GP, you can also get the flu jab free from your local pharmacy or district nurse.

You only need the pneumococcal vaccination once – this will help prevent infections such as pneumonia due to the pneumococcal bacteria.

Both vaccinations are free if you have COPD.

Neighbourhood nursing service

If they feel that you would benefit from more support to manage your COPD, your GP or practice nurse may refer you to the neighbourhood nursing service. This will be more likely if you also have other illnesses or have had hospital admissions.

A community matron or one of their team will work with you and your family to help you optimise your health and wellbeing. They will help you identify what is most important to you and help you develop a plan to enable you to lead as full and active life as possible.