



Welcome to this edition of Improving Health Together which focuses on Chronic Obstructive Pulmonary Disease (COPD).

COPD is a general term which includes the conditions chronic bronchitis and emphysema. COPD is common – there are about one million people in the UK diagnosed with COPD. It mainly affects people over the age of 40 and accounts for more time off work than any other illness. A flare-up or exacerbation of COPD is one of the commonest reasons for admission to hospital.

World COPD Day is organised by the Global Initiative for Chronic Obstructive Pulmonary Disease (GOLD) and its aim is to raise awareness about COPD. World COPD day takes place this year on 17 November. The UK message is 'Finding the Missing Millions' as approximately 2.8 million people in the UK are unaware they have the disease which, if left untreated, could severely restrict their lives and eventually kill them.

Chronic Obstructive Pulmonary Disease

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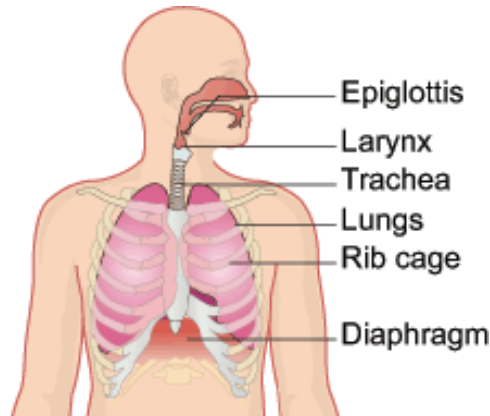


Diagram of the Respiratory System

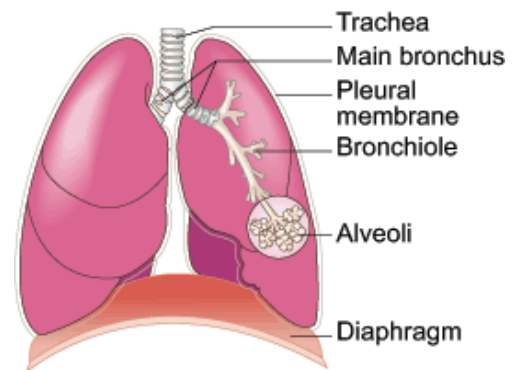


Diagram of the lung

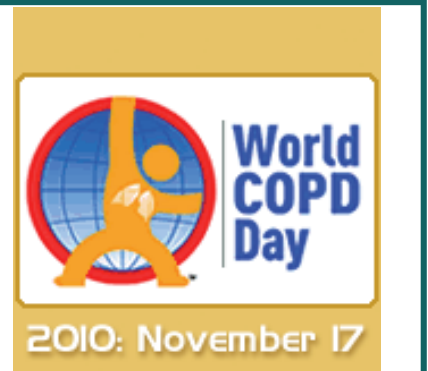
Smoking is the cause of COPD in the vast majority of cases. The lining of the airways becomes inflamed and damaged by smoking. Air pollution and polluted work conditions may cause some cases, or make the disease worse. However, people who have never smoked rarely develop COPD.

Diagnosis and treatment of COPD at an early stage in the disease can offer significant benefits for the patient, and patients who are aged over 40 with a smoking history should be offered opportunistic spirometry to exclude or confirm a diagnosis.

The treatments that are currently available, while unable to cure COPD, can offer the patient considerable benefit by reducing symptoms, improving function and reducing exacerbation rates. As a direct result of this, healthcare costs associated with COPD may also be reduced.

World COPD Day is an annual awareness-raising event organized and sponsored by the Global Initiative for Chronic Obstructive Lung Disease (GOLD). For more information please visit www.goldcopd.com

Each year the [British Lung Foundation](http://www.britishlungfoundation.org) focuses its campaigning around World COPD Day. Campaign guide available to download or telephone 020 7688 5555 for more information.



Self Care

These are the main lifestyle factors and changes that a patient could make. All COPD patients should be offered the following information and should be reminded regularly as to the importance of each.

- ◆ **The best way to prevent COPD is for the patient to stop smoking.** Health professionals should provide information on smoking cessation classes, nicotine replacement therapy and coping strategies for avoiding other people's smoke and smoky environments. Referral to North Yorkshire Specialist Stop Smoking Service can be made via a health professional or the patient themselves. For information on training to help support your patients quit smoking, contact the Specialist Service on **0300 303 1603**.
- ◆ **Regular exercise to recondition skeletal muscles and improve exercise endurance, which will improve their ability to perform activities of daily living.** Health professionals should provide information on types of suitable exercise, classes and how to access them. Any regular exercise or physical activity is good. Ideally, the activity should be of moderate intensity making them slightly out of breath, and be for at least 30 minutes, 5 times a week (can be broken down into 10 minute bouts). If the patient is able, a daily brisk walk is a good start if they are not used to exercise. The patient should be encouraged to increase the level of activity over time.
- ◆ **Drinking lots of fluids.** Hydration will help with the removal of mucus.
- ◆ **Encourage the patient to lose weight if overweight, or gain weight if underweight.** Health professionals should provide information and explanation on how to increase calories to food without increasing bulk. Encourage underweight patients to eat small meals often. Only provide supplements after assessment from dietician. People who are underweight are at more risk than overweight patients. Patients should be reminded that carrying extra weight can make breathlessness worse.
- ◆ **COPD patients are more susceptible to catching other diseases.** Patients should be provided with information on how to avoid these. Patients should be advised to have the following immunisations:
 - ◆ annual 'flu' jab each autumn to protect against possible influenza and any chest infections which may develop due to this
 - ◆ pneumococcus can cause serious chest infections and most adults will only need one dose of pneumococcal polysaccharide vaccine in their lifetime.

Taken from 'Research evidence on the effectiveness of self care support', DH 2007¹

What to look out for this winter

Symptoms

- Worsening of symptoms—more breathless than usual.
- Producing more phlegm.
- Phlegm changing colour from clear or white to green and thicker than normal.
- Using 'reliever' medication more regularly.
- A cough getting worse.
- Getting a cold or sore throat.
- Advise patients to obtain a same day appointment with GP if they have an exacerbation, or ring the Out of Hours Service.

Self Care Checks

- Sufficient medication for 2 weeks.
- Wrap up to keep warm when going outside.
- Avoid infections—stay away from people with colds.
- Keep the house warm—living room 21°C, bedroom 18°C.

Pulmonary Rehabilitation

Pulmonary rehabilitation is tailored to the individual's needs and works towards improving the patient's respiratory and exercise capacity, mobility and self-confidence. The programme involves education, exercise, psychological support, help with stopping smoking and an assessment of their diet. Patients learn about their condition and how to control symptoms. A typical course includes:

- ◆ a physical exercise regime, designed for each individual
- ◆ advice on lung health and coping with breathlessness
- ◆ a friendly, supportive atmosphere.

Courses are available in Harrogate, Skipton, Northallerton, Richmond, Ripon, Malton, Scarborough, York and Selby.

For further information and referral details please see the respiratory nursing webpage on the NYY CMHS intranet site.

www.nyypct.nhs.uk/Directorates/ProviderServices/RespiratoryNursing/index.htm

British Lung Foundation Community Respiratory Nurses

The community respiratory nurse service has been available since August 2009 to provide a resource for staff and respiratory patients for North Yorkshire. We aim to provide high quality patient care and clinical leadership to GP practices and community teams. This covers 3 main areas;

- ◆ Educational programmes to develop the knowledge, skills and confidence of Primary and Community staff. We promote evidence-based care to optimise the management of respiratory patients and reduce inappropriate hospital admissions.
- ◆ Clinical support for community matrons, case managers, practice and district nurses in the care of highly complex COPD patients.
- ◆ Empowering patients and their carers through education, advice and support to manage their symptoms, control their condition and improve their quality of life.

If you would like further information about the respiratory nurse service you can contact the nurses directly (see below) or visit the respiratory nurse webpage on the NYYCMHS intranet site. www.nyycmhs.nhs.uk/Directorates/ProviderServices/RespiratoryNursing/index.htm

Please note that there is currently a vacancy in the SWR locality.

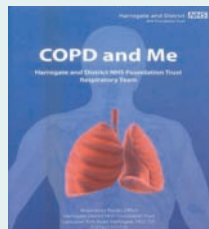
Caroline Fletcher (CHARD) 01423 552324
Judith Norell (S&Y) 01904 724537
Joy Parrington (H&R) 01609 751169

COPD and Me Self Management Plan

There is good evidence to suggest that better understanding of a long term condition can positively affect people's understanding of their symptoms and long term health. Developing a personalised action plan with patients may help them self manage their condition and promote self efficacy.

To do this patients need to know:

- ◆ information to assess their condition
- ◆ what is normal for them
- ◆ where and how to get help/advice
- ◆ how and why to take their medicines.



The NHS North Yorkshire and York "COPD and Me" self management/care plan was designed by Harrogate District Foundation trust and a patient focus group in 2008. Copies of the "COPD and Me" plan can be obtained from the community respiratory nurse in your locality.

Smoking – don't keep it in the family

Free support available to help smokers stop.

North Yorkshire Stop Smoking Service: **0300 303 1603**

Drop-in clinics | Group courses | One-to-one appointments

Advice and help also available at surgeries and pharmacies.

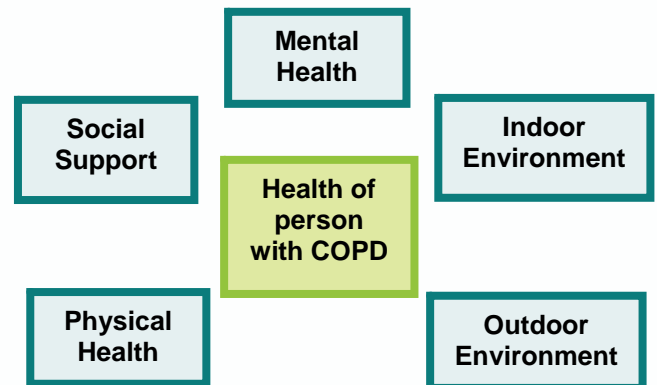
NHS smokers' helpline: **0800 022 4332**

www.smokefree.nhs.uk



Anticipatory Care

COPD may be exacerbated by many things, including weather conditions and air pollution. Anticipating when a patient's condition may get worse is the first line of defence in self care and may prevent them being hospitalised. Listed below are some of the key interventions health professionals can encourage their patients to think about, and plan for.



Interventions include:

- ◆ early reporting of symptoms – support network include friends and family
- ◆ available medication – if increase in dosage is required do they have sufficient quantities?
- ◆ keeping the house, or one room, warm, insulation, blankets and hot drinks available, dress warmly when inside or out. Wear layers of clothes. Patients should try and keep bedroom at a temperature of 18°C and to keep the bedroom window shut
- ◆ preparation for cold outdoor temperatures—enough food and milk available so no unnecessary outdoor trips are taken
- ◆ preparation for very hot weather—do not go out and avoid strenuous activity in the hottest part of the day, increasing fluid intake and wear loose clothing
- ◆ physical activity—chair based activity can help (see information on page 2, Self Care)
- ◆ strategies to cope with anxiety and depression—someone to talk to, support group
- ◆ Treatment based on NICE Guidelines.

Local initiatives

- ◆ British Lung Foundation Breathe Easy support groups meet throughout North Yorkshire. Contact the BLF North Office for meeting venues and times.

Tel: 0191 263 0276

www.lunguk.org/supporting-you/breathe-easy/

Aire Valley first Wednesday of the month

Harrogate second Thursday of the month

Northallerton second Thursday of the month

Scarborough third Friday of the month

York first Wednesday of the month

Evidence Base

Evidence is available from the Clinical Knowledge Service on http://cks.library.nhs.uk/chronic_obstructive_pulmonary_disease/evidence/supporting_evidence and NHS Evidence—Respiratory www.library.nhs.uk/respiratory/SearchResults.aspx?tabID=290&catID=5880

This information within the National Knowledge Week for COPD has been prepared by members of the COPD National Service Framework External Reference Group, as part of their work in developing advice for Ministers on the content of a National Service Framework for people with COPD.

Key documents

NICE Clinical Guideline CG101 Updated June 2010
Chronic obstructive pulmonary disease - Management of chronic obstructive pulmonary disease in adults in primary and secondary care
www.nice.org.uk/Guidance/CG101

British Lung Foundation 2007
Invisible Lives. COPD—Finding the missing millions
<http://www.lunguk.org/media-and-campaigning/special-reports/>

GOLD 2007
Global Strategy for the Diagnosis, Management and Prevention of COPD, Global Initiative for Chronic Obstructive Lung Disease
www.goldcopd.org

References

- 1 Department of Health 2007
Research evidence on the effectiveness of self care support
www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_080689

Order your free resources

These are the resources recommended by your Public Health team for use with the COPD campaign.

British Lung Foundation Tel: 020 7688 5589

COPD leaflet (FL11)
COPD – diagnosis and treatment booklet (BK3), Living with COPD booklet (BK2)
BLF Helpline poster A3 (BLFHP3)
Missing Millions World COPD day poster (free to download) www.lunguk.org

Department of Health Tel: 0300 123 1002
Seasonal flu vaccination leaflet. Who should have it and why (402705)
www.immunisation.nhs.uk

Global Initiative for Chronic Obstructive Pulmonary Disease
World COPD day materials www.goldcopd.org



Websites

British Lung Foundation **BRITISH LUNG FOUNDATION**
www.lunguk.org/you-and-your-lungs/conditions-and-diseases/copd.htm

UK charity providing support for people affected by lung disease

British Thoracic Society
www.brit-thoracic.org.uk/ClinicalInformation/COPD/tabid/82/Default.aspx



UK charity improving the standards of care of people who have respiratory diseases, advancing knowledge and disseminating research.

Clinical Knowledge Summaries

National Library for Health

Clinical Knowledge Summaries **NHS**

http://cks.library.nhs.uk/patient_information_leaflet/chronic_obstructive_pulmonary_disease

Practical & reliable information about common conditions which helps healthcare professionals make evidence-based decisions about the healthcare of their patients.

NHS Choices—COPD

NHS choices

www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx

A service that helps you to make the most of your health and get the best out of the NHS.

Global Initiative for Chronic Obstructive Pulmonary Disease



www.goldcopd.com/Index.asp

GOLD works with healthcare professionals and public health officials around the world to improve prevention and treatment of this disease.

NHS Evidence—Respiratory

www.library.nhs.uk/respiratory/

NHS Evidence

The specialist library addresses a wide range of topics relating to the health and well being of individuals with respiratory problems or concerns.

National Institute for Health and Clinical Excellence

NHS
National Institute for Health and Clinical Excellence

www.nice.org.uk

Guidance for health professionals and information for people with COPD, their families and carers, and the public.

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