

TAKE A BREATH



Chest-a-minute



UK
Helpline of
the Year!



Tobacco
free charter



It's my
Lifesaver!

Welcome to your first edition of this quarterly newsletter from Chest Heart & Stroke Scotland. It is full of interesting information, exciting developments and helpful hints for people living with a chronic lung condition. We hope that you enjoy reading it and find it useful. It can be really helpful to share ideas about how you cope with your condition, so don't be shy, let us know how you manage. Please share your story or any top tips that you have. Just get in touch by dropping us a line at respiratoryservices@chss.org.uk or call us on 0131 225 6963. We look forward to hearing from you!

NHS GRAMPIAN 'DON'T WASTE A BREATH' CAMPAIGN

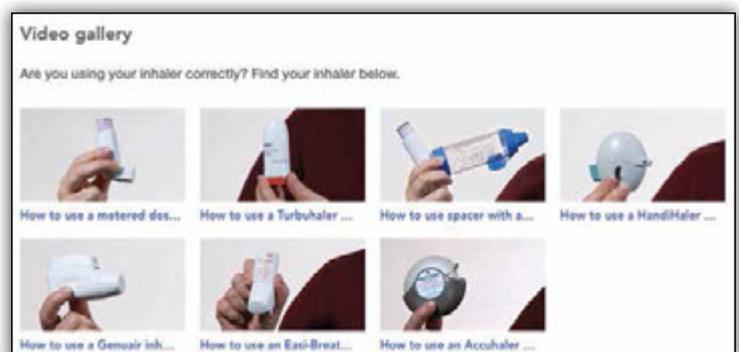
NHS Grampian launched a campaign back in summer 2015 called 'Don't Waste a Breath' to help people with respiratory disease get maximum benefit from their inhalers and to help cut the waste of inhaler medicine. A survey by NHS Grampian in October 2015, in conjunction with an ongoing project, showed that out of every 10 inhalers returned to North East pharmacies, three were unused and a further three were not completely empty. The survey covered over 400 returned inhalers.

The 'Don't waste a breath' campaign has a website (www.dontwasteabreath.com) to provide you with top tips, video demonstrations of inhaler techniques and useful links and services.

Unwanted or unused inhalers in the home may mean that you are not getting the benefit you could be from these medicines. Up to 90% of people may not use their inhalers properly. NHS Grampian would encourage anyone who uses an inhaler to visit their local community pharmacist for an inhaler technique check. Good inhaler technique makes sure that medicine gets delivered into

the lungs efficiently and you get the most from each dose. It is important that even people who have been using inhalers for a long time should have their inhaler technique checked regularly.

Some community pharmacies in Grampian are participating in an inhaler recycling campaign, sponsored by GSK, as part of the joint working project. See www.pharmacyfinder.completethecycle.eu



Inhaler technique video gallery available on the "Don't waste a breath" website

CHEST-A-MINUTE

"Oh my goodness, I'm so exhausted after taking my shower this morning, I had to sit down for ages afterwards until I felt better. It makes me terribly breathless – do you feel like that too?"

"I was taught how to pace myself when I'm doing things about the house. It has really helped."

"What do you mean?"

"Well, when I'm in the shower – I have a seat to sit on which stops me getting so tired. I can take my time to get washed. Then when I'm finished I wrap myself up in a big towelling dressing gown and that helps me get dried without all the rubbing – which was making me puffed out. I can sit and let my breathing recover while I dry before I think about getting dressed. When I'm getting dressed I just do it in small stages, it might mean it takes a bit longer but at least I'm not as breathless."

"That sounds like a good idea, where did you get your shower chair from?"

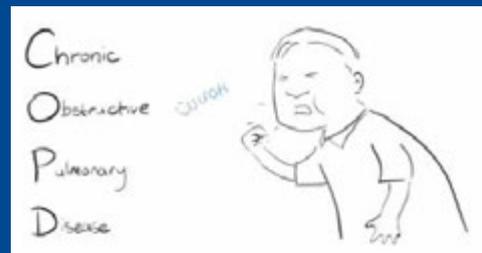
"My occupational therapist helped me get it and taught me about pacing myself, but the local social work department could help too, just look online for your nearest department or ask your GP or nurse."

"I will do, thanks for the top tip!"

HEALTH SKETCH COPD

CHSS would like to let you know about a new COPD Health Sketch Information film that was developed just in time for World COPD Day and is now available to watch from the CHSS website.

This animated short film has been created in a partnership between Chest Heart & Stroke Scotland and Health Sketch, a company formed by a small team of doctors who are passionate about informing people about health issues.



The COPD animation lasts around 5 minutes and covers all the main areas of COPD. It's a really engaging and helpful way of informing people who have the condition and their family and carers. You can find it on the CHSS website on the COPD information page or by following the link below:

www.chss.org.uk/copdvideo

Please take a few minutes to watch the film. We'd love to hear your thoughts and get your feedback; you can do this by clicking on the link below, dropping us an email, or just call us and tell us what you think. See page 3 for how to contact us.

www.surveymonkey.co.uk/r/DSXN8LQ

Thank you for your help!

WORLD ASTHMA DAY

This year World Asthma day will be on Tuesday 3rd May 2016.

Asthma is a long-term condition that affects the lungs. It causes swelling and narrowing of small tubes that carry air in and out of the lungs, causing shortness of breath, cough or wheeze.

Asthma is common, affecting over 350,000 people in Scotland and is the second most common long term health condition in the county.

Sadly, there is no cure. However, the symptoms can be well controlled with treatment and by avoiding irritants (triggers) that make it worse.

Whether you have asthma yourself or you have children or grandchildren with the condition, visit the My Lungs, My Life Website to find out all you need to know about living with Asthma. www.mylungsmylife.org



Helpline Awards WINNER 2015

UK HELPLINE OF THE YEAR!

CHSS Advice Line Nurses
0808 801 0899
(Free from landlines and mobiles)



Have your say...

Do you have any new information about services in your area, an interesting story or a helpful hint to share with people affected by chronic lung disease? Then please let us know so that we can share it with others. We'd love to hear from you:

Contact us by e-mail on respiratoryservices@chss.org.uk
Or call us on 0131 225 6963

We look forward to hearing your news!

CAN YOU HELP?

We are looking for people living with lung conditions and their carers to help CHSS update its 'How to Manage your Breathlessness', 'Living with IPF' and 'Living with COPD' booklets. This will allow you to suggest ideas and comment on content. If you are interested - contact Jude Misson on 0131 225 6963 or email: judith.misson@chss.org.uk

TOBACCO FREE CHARTER

Chest Heart & Stroke Scotland is pleased to announce that it has recently joined together with a number of other charities and organisations across Scotland in signing the Charter for a Tobacco-free Generation. This charter was created by ASH Scotland and supports the Scottish Government's goal to achieve a tobacco free Scotland by 2034.

CHSS has signed up to support this charter because of the detrimental impact that smoking and tobacco use have on Scotland's health and especially due to the significant contribution that smoking and tobacco use have on the main health conditions that this charity supports.

To highlight our commitment to this campaign we will be adding the Tobacco Free Charter Mark image to our web pages, beginning with My Lungs, My Life, as a symbol of our support for this important goal for Scotland's future.



It's my Lifesaver!

Active Ageing – Case Study – Ray Murray, COPD Maintenance

Name: Ray Murray
Age: 72
COPD Maintenance Class,
Woodside Community Centre, Aberdeen
Thurs 2.30 – 3.30

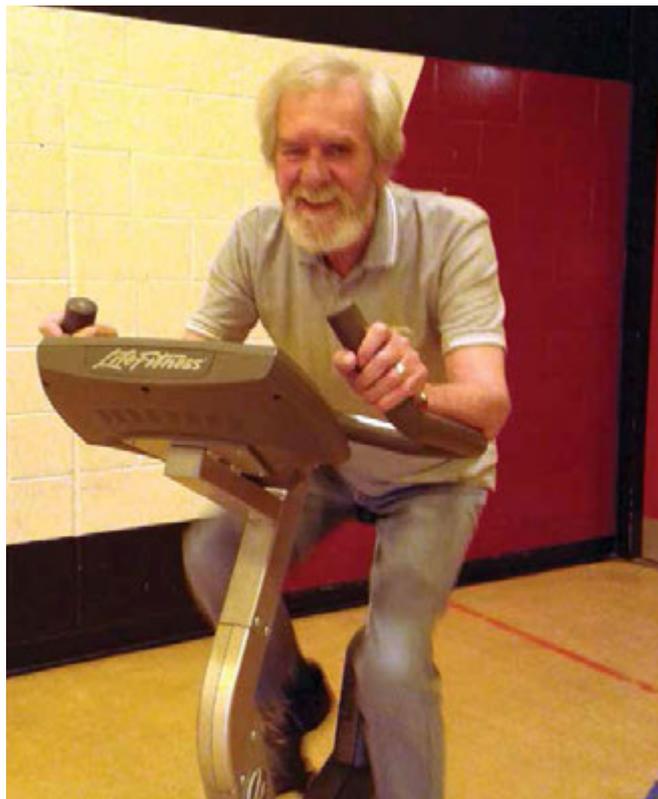
Ray retired 8 years ago from his job as a forklift truck tyre fitter. Ray has Chronic Obstructive Pulmonary Disease, which is an umbrella term for a group of conditions which cause long term damage to the airways. Common symptoms are breathlessness, coughing, producing sputum (phlegm), wheezing and tiredness. There is no cure for COPD but there are many things to help manage the condition. These include staying active and using inhalers regularly with the correct technique.

HOW DID YOU FIND OUT ABOUT THE CLASS?

I was diagnosed with COPD and angina a few years ago. As my COPD got worse I was referred to the Pulmonary Rehabilitation (PR) team and started a block of PR sessions led by a physiotherapist in 2012. The PR sessions included exercise and education to help me manage my condition. They took place in Woodside Community Centre. At the end of the 12 week block I was able to keep exercising by coming to a maintenance class – I started there in November 2012.

WHAT DIFFERENCE DOES THE CLASS MAKE TO YOU?

It's my lifesaver! I was unwell earlier this year and wasn't able to exercise for a few weeks but I still came to class and watched. When I was able to, I built back up again. Karen, the class fitness instructor, assists at the PR sessions with the physiotherapist, so she already knows us all before we start at the maintenance class & modifies things for us so we all progress.



WHAT WOULD YOU SAY TO OTHERS WHO THINK THAT THEIR HEALTH MEANS THEY CAN'T EXERCISE?

I would say that everyone can get something from a bit of exercise – you just have to find the right thing. If you have been diagnosed with something, talk to your doctor, nurse or any health professional about what type of class you should go to.

WHAT ABOUT THE SOCIAL SIDE?

The company is really important. It helps me to be around people with the same type of health conditions but we don't feel like patients. Karen is brilliant – we really have a laugh at the classes with her.

HOW ACTIVE ARE YOU?

I know I need to keep exercising and have dumbbells at home that I use 2 or 3 times per week, and usually manage a short walk every day. Some days I feel more tired than others but I know trying to stay active really helps me.

HOW TO REGISTER

Don't want to miss the next issue of Take a Breath? You can sign up to receive an e-mail alert that will let you know that the next issue is available, and a link to take you straight there!

Visit: www.chss.org.uk/takeabreath-grampian for more information