

TAKE A BREATH



New Resources!



What's better than singing?



Take a Breath Evaluation

Do you ever feel ‘panicky’?

Dr. Evelyn Jannetta, Principal Clinical Psychologist at Aberdeen Royal Infirmary shares some tips on how to recognise and cope with feelings of panic.

Feeling breathless can be a very frightening experience and for some people this can lead to a panic attack. If you are anxious you are more likely to feel that your breathlessness will get worse and the more you focus on not being able to breathe, the more anxious you will become. This can lead to you wanting to take more, quick, shallow breaths. Breathing then becomes more difficult and you experience a vicious cycle where anxiety drives breathlessness and breathlessness drives anxiety.

Sometimes feelings of panic and breathlessness can feel the same. Both situations can give similar symptoms, such as chest tightness, a rapid heartbeat, quick and shallow breathing or dizziness. The good news is that there are several ways of helping break this vicious cycle to help you feel more in control of your breathing.

How do I manage panic when I'm breathless?

- Slow down your breathing.
- Learn to recognise any anxious thoughts that you are having. Write them down when the anxiety has reduced and you feel more in

control again of your breathing. This will make it easier to notice these thoughts if they occur again.

- Do not focus on the anxious thoughts when they come.
- Use distraction instead by focusing on something you have already planned to think about, or focus on slowing down your breathing. You could also try a grounding exercise to help to reduce your anxiety e.g. if you are sitting down, notice the feel and pressure of the chair or sofa under you and how your body feels as it presses down onto it.
- Remind yourself that you have managed to come through this before.
- Access self-help materials for anxiety like the Moodjuice self-help guide on anxiety and on panic: <http://www.moodjuice.scot.nhs.uk/anxiety.asp> <http://www.moodjuice.scot.nhs.uk/panic.asp>
- Other information about managing mood and anxiety, and some tips on relaxation visit www.mylungsmylife.org



- If you feel that you are not able to manage your anxiety after accessing and trying self-help information and advice then it may be helpful to have a discussion about this with your GP.

Call the CHSS Adviceline



0808 801 0899

free from landlines and mobiles

CHEST-A-MINUTE

This is the first summer since I was diagnosed with my lung condition. I love to travel, do you think I can still go abroad on holiday?

I still go away on holiday and use oxygen. Most things are usually possible with a bit of forward planning.

That's great! What should I think about before I book something?

Firstly, double check with your doctor that you're well enough to travel.

Insurance is essential! And make sure they know all about all the health conditions you have.

A doctor's letter can be handy to have. It should include information about your health conditions and medications.

Make sure you won't run out of your medications while you're away. Take spares!

If you think you'll need a bit of help to travel speak to the transport provider before you book to make sure they can provide this.

Check that your destination and accommodation is suitable before you book. I like to look up photos to make sure it's not too hilly!

I have to make some additional arrangements because I use oxygen. I can't take the oxygen equipment that the NHS arranged for me abroad. But there are companies that will provide me with oxygen for holidays so I don't need to miss out!

Time to get planning

For more advice and information on Holidays and Travel call our Advice Line Nurses or look at www.mylungsmylife.org.uk

NEW RESOURCES!

We have updated our 'Living with Bronchiectasis' booklet and would like to say a big THANK YOU to all those that helped! This includes members of 'Breath-takers –



action for bronchiectasis', a group of people living with bronchiectasis. They told us about what information they would like and how they would like to access it. We also had the help of healthcare professionals to make sure all the information was correct.

WHAT'S CHANGED?

Much of the information remains the same. However, we have tried to make it a bit easier to use. The booklet is now divided into sections to help you find information more easily at the time that you need it. These include information about:

- What bronchiectasis is, what causes it, what the main symptoms are and how it is diagnosed
- The treatments available for bronchiectasis and how to recognise and manage a chest infection
- Some of the things you can do to manage your condition and keep yourself as well as possible. This now includes links to video clips available on the internet demonstrating different breathing exercises for clearing sputum from your lungs
- Living day-to-day with bronchiectasis
- The help and support that you can get from CHSS

We have also produced **a new factsheet**, *Common questions about bronchiectasis*. This is an easy-to-read question and answer style factsheet.

You can order any of our factsheets or booklets free of charge by calling our Freephone Advice Line on 0808 801 0899 or via our website www.chss.org.uk

Do you know your Scottish words and phrases?

- | | | | | | |
|---|-----------------------|---|--------------------|----|-----------------|
| 1 | FOOS YER DOOS? | 4 | JEELY PIECE | 8 | STOUR |
| 2 | AYE PECKIN | 5 | FOOSTIE | 9 | HAYER |
| 3 | DUNT | 6 | OXTER | 10 | MAWKIT |
| | | 7 | SCRAN | 11 | SHOOGLEY |

Find the answers on page 4.



What's better than singing? More singing!

**In the words of Ella Fitzgerald, “the only thing better than singing – is more singing”!
And now many scientists and healthcare professionals would agree.**

Over the years studies have found that singing has a number of health benefits. When you sing you need to use lots of different techniques, such as breathing through your nose, breathing deeply and exhaling more fully. You also need to try and control your breath more carefully. Nancy MacLeod, chairperson for 'The Warblers', explains:

'Sometimes at the start of the session we struggle to sing some lines without stopping for breath. Then we learn how to breathe better and fill our lungs, and by about the 3rd go we can sing the line right through without stopping'.

'We become more aware of our breathing and can breathe better even days later! When we are breathing better we feel less breathless'

The Warblers is a CHSS Peer Support Group that have been going for about 2 years now. They have a great song coach called Jane who has undergone extra training to help her work with people with lung conditions.

Singing involves more than just your lungs. Your tongue and your core (tummy) muscles can get stronger. And if you move to the music you'll use other muscles too!

'We don't just sing, we move our arms about too – clapping our hands and tapping our feet, it can be a giggle trying to coordinate it!'

Nancy

As well as feeling more in control of your breathing, singing can help your voice to sound stronger and improve your posture. But it doesn't end there, as Joy Doorghen of 'Foos Yer Doos' in Inverurie explains, it can improve

your social and mental wellbeing too:

'We sing for the therapeutic benefits but also for the social benefits. And just to have fun!'

'Foos yer Doos' is another CHSS Peer Support Group and has been going for 4 years. Do you know what 'Foos yer Doos' means!? Find out in our quiz. The group was originally set up for people with Parkinsons disease, although people with a range of health conditions now come along. They have a professional singing coach and enjoy the flexibility this gives them when it comes to song choice!

Members of groups and choirs get to know one another, form friendships and support one another. There is a sense of achievement and wellbeing in learning something new, not to mention being part of a team and having fun:

'Sometimes at the start of the session we feel like it it's beyond us and we can't do it, but by the end we do get it. We feel really good about that.'

Nancy

This positive mood can help to reduce feelings of stress and anxiety, which continue after the session has finished. Joy tells us that many members of 'Foos yer Doos' feel relaxed after a singing session.

If you are in a singing group and would like to share your story or some advice, or if you are interested in setting up a singing group, please get in touch! We'd love to hear from you!

Register to receive an e-mail alert that the next issue of Take a Breath Grampian is available
www.chss.org.uk/takeabreath-grampian

Share your news by emailing us at respiratoryservices@chss.org.uk

Have Your Say!

We have been producing 'Take a Breath Grampian' for over a year now and we need to know how we're doing! We'd like to ask you to take a few minutes to answer seven quick questions. We won't ask you for any personal details.

We haven't had any feedback from our Grampian readers yet and we'd love your input to **help shape future editions of 'Take a Breath Grampian'.**

There are a few different ways you can let us know what you think:

BY TELEPHONE: Call our Advice Line Nurses **FREE** on 0800 801 0899 and they will run through the questions listed opposite.

ON-LINE: www.surveymonkey.co.uk/r/TABGrampian

BY E-MAIL: respiratoryservices@chss.org.uk

BY POST: Tear off this page and return the completed questionnaire to:

The Respiratory Coordinator
Chest Heart & Stroke Scotland
Rosebery House, 9 Haymarket Terrace
Edinburgh EH12 5EZ

Take a Breath Evaluation

Please tick the appropriate answer:

1. About you:

- I am living with a long-term lung condition.
- I am a relative of someone living with a long-term lung condition.
- I am a friend of someone living with a long-term lung condition.
- I am a carer for someone living with a long-term lung condition.
- I am a healthcare professional working with people that are living with a long-term lung condition.

2. How do you receive the Take a Breath Highland?

- I receive a paper copy
- I look at the newsletter online

3. Do you pass the newsletter on to anyone else?

- No.
- Yes, I pass my paper copy on to someone else.
- Yes, I look at it on-line then print it to pass on to someone else.

4. What types of articles do you like the most? Please give a rating out of five.

	1	2	3	4	5
Medical information	<input type="checkbox"/>				
Local news	<input type="checkbox"/>				
Personal experiences	<input type="checkbox"/>				
Hints and tips	<input type="checkbox"/>				
'Chest a Minute'	<input type="checkbox"/>				
Quiz	<input type="checkbox"/>				

5. What would you like to see more or less of the following information in 'take a Breath Highland'? Or are we getting it about right?

	less	about right	more
Medical information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local news	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hints and tips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Condition specific information:			
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
COPD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pulmonary Fibrosis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bronchiectasis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. After reading Take a Breath Highland do you..

	Yes	No
Know more about your lung condition?	<input type="checkbox"/>	<input type="checkbox"/>
Feel more confident about living with your lung condition?	<input type="checkbox"/>	<input type="checkbox"/>
Know more about getting help and support?	<input type="checkbox"/>	<input type="checkbox"/>
Know more about what is going on locally?	<input type="checkbox"/>	<input type="checkbox"/>

7. Please share any other comments below:

I A doric greeting meaning two things, "How are you?" or "How are your pigeons?", and the reply is often "Aye Peckin'" to either question 2 I'm fine, still pecking away! 3 To hit something with force 4 Jam sandwich 5 Mouldy 6 Armpit 7 Food 8 Dust 9 Talk nonstop 10 Dirty 11 Wobbly