



# TAKE A BREATH



Inhaled Salt  
Therapy



IPF Awareness  
Week



Lung at  
Heart

## Developing Services for Skye & Lochalsh

**My name is Susan Haddow and for the last four years I have been working as a physiotherapist in the Skye & Lochalsh area. Amongst other roles, I provide cardiac and pulmonary rehabilitation in both class & individual sessions.**

Despite the beautiful scenery, living in a rural area does have some disadvantages for people. There is not much of a public transport network, so people who cannot provide their own transport often can find it difficult to attend classes. There are also limited options for maintenance classes after rehabilitation is completed, compared to more urban settings. Being able to participate in rehab classes often gives people a sense of camaraderie and support.

Living in such a rural setting, people can feel more isolated from services, as well as from people with similar conditions. This is why, with the support of CHSS, we are developing new services for patients and their carers in the local area. The aim of this support is to enable people to benefit from talking about their condition with others who have had similar experiences. This can be a valuable resource and may also encourage people to get together and plan something out-with a formal rehab setting.



These services will be supported by the work of CHSS's local community support worker Douglas MacDougall, whose work also enables patients to access the information they may need about various conditions, helping to ease stress.

Living & working in such an idyllic setting does have its advantages though – rain, hail or shine the surrounding scenery is stunning & I often think that our rehab class in Kyleakin should win a prize for class with the best view... with the sea, Skye Bridge & mountains in the background providing the therapy alone!

**IF YOU ARE INTERESTED IN GETTING INVOLVED IN DEVELOPING NEW SERVICES TO SUPPORT THE PEOPLE OF SKYE AND LOCHALSH THEN COME ALONG TO OUR PATIENT EDUCATION EVENING. LEARN SOMETHING NEW, AND HAVE YOUR SAY.**

**Our first Patient Education Evening in Skye and Lochalsh will take place at Skye Camanachd Social Club in Portree on Wed 28th Sept at 7pm.** Speakers include Michelle Duffy, Respiratory Nurse Specialist. It would be lovely to see you there. Details from:

**Douglas MacDougall, CHSS Community Support Worker**  
**Mobile: 07788 587562, Email: Douglas.MacDougall@chss.org.uk**

# Inhaled Salt Therapy

## Should you take it's claims with a pinch?

**Recently, people have been asking about the benefits of whether inhaled salt treatments are useful to help relieve the symptoms of COPD or other long-term chest conditions. Here are some answers to your questions...**



**Is inhaled salt therapy useful?** Salt can have a role to play in helping to clear mucus from your chest and it is found in saline nebulisers, provided by healthcare professionals.

**How does the salt work?** It helps to break down the stickiness of mucus and makes it thinner, so that it is easier to cough out.

**Can inhaling salt solution be dangerous?** In special circumstances higher concentrations of salt can be used in nebulisers. However, there is a risk that this stronger solution will irritate your airways and cause wheeziness to develop. For this reason, a stronger solution should only be given with medical supervision.

**Will the salt treatments that are advertised work for me?** The commercial salt therapies that are advertised claim that the quality of the air inhaled will have similar benefits as these medical saline treatments. The websites and adverts do not appear to mention the actual level of salt concentration, so it is impossible to know if these claims are achievable. Most of the benefits that people

hear about are usually anecdotal, with no clear evidence to support the claims made. It is worth bearing in mind that some of these are very expensive treatments and are being run by private companies, whose main goal is to make a profit.

**What is best for me?** Before you spend any money, ask your doctor or nurse about the device or therapy you are considering. They will be able to give you more personalised advice. Similar devices may even be available on prescription from your own health team, free of charge.

**You can call the CHSS Adviceline Nurses for more information. Telephone 0808 801 0899, free from landlines and mobiles.**



## AUTUMN QUIZ

**Famous Faces – Who was associated with the following? Answers on page 4.**

- |                            |                           |
|----------------------------|---------------------------|
| 1. A cigar?                | 6. A magic lamp?          |
| 2. A glass slipper?        | 7. A long sleep?          |
| 3. A coat of many colours? | 8. A trumpet and a hanky? |
| 4. An apple and a snake?   | 9. A spider's web?        |
| 5. A flood?                | 10. Her lamp?             |

## 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](mailto:respiratoryservices@chss.org.uk)  
Or call us on 0131 225 6963**

We look forward to hearing your news!

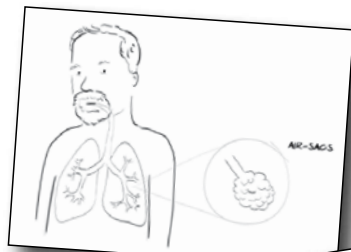


The **17th to the 25th September 2016** is IPF World Awareness week. Idiopathic Pulmonary Fibrosis is a less well known long term lung condition. The word 'idiopathic' means that the cause for the condition is unknown, 'pulmonary' means lungs and 'fibrosis' means scarring. Idiopathic Pulmonary Fibrosis is an advancing, scarring lung condition, the cause of which is not known.

The theme for the awareness raising week is "Breath of Hope" and CHSS will be supporting this campaign to help make more people aware of this debilitating lung condition. Look out for images of people blowing bubbles!

In time for IPF Awareness Week CHSS has updated it's IPF booklet which gives more detailed information on this condition, we are also introducing a new Health Sketch information video which gives a short, animated, explanation of IPF.

**Details of both of these resources can be found on the CHSS website – visit [www.chss.org.uk](http://www.chss.org.uk) for more details.**



## CHEST-A-MINUTE

How important is it to stay active?

It is really important to help keep your body in working order and can help control your breathing. It can improve your mood and possibly your social life. If you do not stay active your body becomes weaker and less able – if you don't use it you lose it!

How much activity should I do?

We should all try to be more active for **150 minutes each week**. That's the same as 30 minutes each day. This could be 2 walks that last 15 mins or 3 lots of activity for only 10 minutes each.

You should still be able to talk while you are being active and feel in control of your breathing.

Won't it make my breathing worse?

If you make sure that you begin gently and when you are feeling well, repeated activity will help **improve your breathing** and help you to control feelings of breathlessness. Do not start to increase your activity levels if you are feeling less well than usual.

Where can I go for help to get started?

It needn't cost you money to be more active, simply walking more, either inside or outside, will help. If you prefer to have company then ask at your local community centre or try the ALISS website [www.aliss.org](http://www.aliss.org) for information about local exercise groups. If you think you need more help then ask your nurse or GP about attending your local pulmonary rehabilitation classes.

# 'LUNG AT HEART' FUNDING SUCCESS

**This edition, Pat Henderson, the chairperson of CHSS's affiliated group in Nairn, shares her group's recent success in acquiring additional funds.**

'Lung at Heart' is a support group for people who live with a variety of chest conditions, heart failure or stroke. We are affiliated to Chest Heart & Stroke Scotland and meet weekly in Nairn Community Centre. Each week we have a gentle exercise session, a chat & a cuppa. We were formed nearly three years ago but have been struggling to maintain our membership numbers.

Being a small group means that it can be a struggle to cover our regular costs. To help with this we hold regular raffles, which mostly keep us afloat.

This year we had the chance to attract new membership. Local councillors introduced an awards system for local groups. Residents of Nairn and Nairnshire voted for the most worthy recipients. 'Lung at Heart' submitted a bid for around £600 to cover advertising and other promotions to attract new members. We were fortunate to be one of the chosen groups. One of the grant conditions was that it was not to be used for on-going expenses.

At the same time I was told about potential funds available through a Self- Management Grant provided by the Third Sector Interface. This was for a much larger amount and I saw it as an opportunity to help develop the group's resources further.

- I applied for funds to hire the local community bus to bring members to our group meetings in Nairn, as the public transport links in the local area are poor. There were also some people who struggled to use public transport, so I included the cost of taxis in the grant application.



**'Lung at Heart group members enjoying some of the new equipment purchased with the funds'**

- Members asked about the possibility of having some additional equipment for the exercise sessions, so I added the cost of some seated cycles and free weights.
- As a final thrust at promoting our group, I added the cost of creating a website for 'Lung at Heart'. We were fortunate enough to be given the full amount, a total sum of £2891.95

It wasn't a particularly easy task applying for funding and public funds need to be accounted for. However, if we are successful in raising our membership numbers and our profile, then the group should be assured of a long and healthy future.

**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-highland](http://www.chss.org.uk/takeabreath-highland) for more information**

**Living Better**  
With a long term condition  
**Support Group Meetings**

If you have a Long Term Condition why not come along and join us  
Any condition, Any age

Dingwall — 2nd Thursday of month 12.30 - 2.00  
Dornoch — 1st Thursday of month 2.00 - 3.30  
Ullapool — 2nd Wednesday of the month 11.30 - 1.00  
Strathpeffer (Boccia) — Last Sat of month 1.00-3.30  
AIness — 2nd Tuesday of month 12.00 - 2.00

**For further details please contact**  
Tracy Shaw on 01349 864289 / 07454 950 401  
lgowittracy@highlandtsl.org.uk  
www.lgowit.org

Conditions listed: Fibromyalgia, Stroke, Crohn's, Arthritis, Parkinson's, depression, Chronic pain, C. O. P. D., Asthma, diabetes, Heart Condition, Osteoarthritis, Rheumatoid Arthritis, Gastric condition, epiLepsy, support.