

TAKE A BREATH



Only When I
Cough!



Take a Breath
Evaluation



Making
Choices about
your future

Meet your CHSS Peer Support Group Worker

My name is Anne Toye and I am Chest Heart & Stroke Scotland's Peer Support Group Worker for Grampian and Highland areas. This means I have the fortunate task of supporting the CHSS community groups in these areas.



What do we mean by a CHSS peer support group?

These are groups set up by, and run for, people with a long term health condition. Although supported by CHSS, the groups belong to their members. This means that they benefit from all that CHSS has to offer, but can develop into whatever best meets the needs of the people who attend them.

Grampian is well served by groups providing support to those living with heart conditions and stroke. However there are fewer groups for people with chest (lung) conditions and I would like to offer my support to help create more of these groups where ever they may be needed.

My role as Peer Support Group Worker

The main aspects of my role are to:

- Help set up new groups in areas where there is a need for one
- Act as a link between the groups and local health care staff or CHSS.
- Help to support groups if they have any problems
- Keep groups informed of changes in good practice

I visit the groups at least once a year, and keep in touch by phone and e-mail too.

One of the best bits about my job is hearing from members about how much they benefit from going along to a group. I also like to learn about the different health conditions. It's rewarding to be able to offer help & advice from CHSS.

I do like to travel, which is just as well as my job takes me all around Scotland! My favourite places are Armadale and Stein on Skye. I also love foreign travel and have been to places too numerous to mention. Which brings me to another interest: 'live' music; having been a Runrig 'fan' for more than 20 years I've lost count how often, or how far I've travelled, to see them!

For more information about my role, existing groups or any questions about setting up a new one please just get in touch, I am available Monday to Thursday on telephone number 07932 827589 or you can email me at Anne.toye@chss.org.uk. I look forward to hearing from you.

WORLD ASTHMA DAY

Tuesday 2nd May 2017

Asthma is a long-term condition that causes swelling and narrowing of small tubes that carry air in and out of the lungs. This can cause shortness of breath, cough or wheeze. Although there is no cure for Asthma, 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.mylungmylife.org

Call the CHSS Adviceline



0808 801 0899

free from landlines and mobiles

CHEST-A-MINUTE

I caught that nasty cold that was going around in winter and had a horrible flare up of my lung condition. I'm still quite breathless and I still feel quite weak, especially my legs. I wasn't expecting that.

Everybody is different when it comes to recovery. Sometimes it can take weeks rather than days.

Your legs can feel weaker because you haven't been as active. Steroids can make you feel a bit weaker too.

Don't worry, it is possible to get fitter again. Getting back to doing the things you enjoy and increasing activities is important to keep you as well as possible.

I just feel so weary I'm not sure where to start

If possible speak to your GP or nurse about pulmonary rehabilitation. Following a flare up, there is good evidence to show that pulmonary rehabilitation helps recovery and reduces the chance of you needing to go back into hospital.

I used to do some exercises at home that the physio gave me.

You could try to gradually build this up again. Try working on the large muscle groups such as muscles in your thighs. Take plenty of rest between exercises.

I haven't really been out much but I miss my daily walk.

Try some shorter walks to start with. If you're worried, have somebody with you and stay close to home. Remember to wrap up and take your inhalers.

Avoid longer walks until you regain your stamina and confidence.

Only when I cough

Stress incontinence is the involuntary leak of urine when you cough, laugh or sneeze.

What is the cause? Muscles in your pelvis (known as your pelvic floor muscles) are responsible for helping to maintain bladder and bowel control. If they become weak, there is a risk of you leaking urine when you strain yourself. For example when you sneeze or cough.

How can having a lung condition lead to stress urinary incontinence?

- Often when you have a lung condition you will cough a lot.
- The repeated downward pressure on your pelvic floor muscles during coughing can make them weak.

What can you do?

- If you have been taught '**Pelvic Floor Exercises**' in the past then you should continue to do these again.
- Try to contract your pelvic floor muscles during your Airway Clearance Technique or when coughing and sneezing.
- If you haven't had any instruction on pelvic floor exercises in the past you can ask your GP for a referral for physiotherapy.
- Using an **Airway Clearance Technique** to clear sputum from your lungs reduces how much coughing is required to clear your chest. This can help reduce or avoid Stress Urinary Incontinence.
- Try to **reduce or avoid drinking things that will irritate your bladder** or make you need to pass urine more often. This includes:
 - Drinks that are high in caffeine.
 - Fizzy drinks, especially those containing artificial sweeteners i.e. 'diet' or 'light'.
 - Alcoholic drinks, in particular 'shots'.
 - Some people find the acid in fruit juices can make problems worse.
- Try to **maintain a healthy body weight**. Being overweight can put extra pressure on the pelvic floor muscles.
- There are a number of '**toilet finder**' apps available for smart phones which can help take the worry out of leaving the house.
- You should also discuss a referral to the **continence service** with a health care Professional, or you may be able to self refer.



Stress incontinence can be embarrassing but it can also be treated in a variety of ways. Don't suffer in silence when you can get help.

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. This is your chance to have your say. We don't need any of your personal details and your answers will be used 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.

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 Grampian?

- 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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local news	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal experiences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hints and tips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
'Chest a Minute'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quiz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. What would you like to see more or less of the following information in 'take a Breath Grampian'? 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 Grampian 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:

Making Choices about your future

Senior staff nurse Tricia Ferguson from Aberdeen Royal Infirmary explains about this important new resource for NHS Grampian...



As a society we're not good at talking about death and dying. Apparently in Victorian times people spoke a lot about death but not anymore. I'm not sure why this is but I do know that the future can be a daunting thing to discuss with the people we love. As difficult as these conversations may seem, it can be a lot less stressful, maybe even enlightening, when we start talking. Having an Anticipatory Care Plan can help. The process of telling others about your wishes is known as anticipatory care planning. Making a record of your personal care choices is called an Anticipatory Care Plan (ACP). Anticipatory care decisions are about:

- The kind of care you would want to have.
- Where you would ideally like this care to be given?
- Who would you want to give this information to?

The questions raised in an ACP may help you to open the discussion with family and friends.

With the help of some people with long term lung conditions we have developed an ACP that you keep with you. The booklet belongs to you.

"I liked it because it made me think of things I hadn't thought about, it has helped me and my family to think about what I would want when my chest condition gets worse. I felt listened to. A little bit **more in control**"

It has been designed to enable people with a long term lung condition to make choices about their

future care. It isn't written in stone and people can change their minds about any part of it, at any time.

With help and support from family, friends and nurses the booklet can be filled with as little or as much information as you want. It has some basic information, such as your name, address, next of kin. It also asks about power of attorney and has a list of support available to help people put their affairs in order.

"The most important thing to me is my family, I'm glad I've written down what I want as I think this is now less of a worry for them and for me"

If you would like to find out more about having an ACP please speak to your GP or district nurse. You can also find out more about Anticipatory Care Planning by visiting www.mylungsmylife.org.uk. Or call the CHSS Advice Line Nurses.

PULMONARY REHABILITATION WEEK

is running from the 12th to the 18th of March 2017 and aims to celebrate and promote Pulmonary Rehabilitation (PR). PR is a programme of exercise and education for people with long term lung conditions. It can improve people's fitness and strength, they can feel less breathless, and more in control and confident about living with their lung condition. It can be really sociable too!

CHSS will be supporting this so follow us on twitter or facebook, or have a look at our webpage www.chss.org.uk/LungRehab for more information.

For more information about PR have a look at our Factsheet: F32 Pulmonary Rehabilitation Frequently Asked Questions

**Or visit www.mylungsmylife.org
Or call the CHSS Advice Line Nurses**

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

Wordsearch

L	E	P	R	E	C	H	A	U	N
A	G	O	F	Y	D	U	J	I	G
I	R	I	S	H	I	J	G	I	R
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G	O	O	D	L	U	C	K	E	L
T	O	B	L	A	R	N	E	Y	K

**Can you find the following words?
LEPRECHAUN, JIG, IRELAND, DUBLIN,
IRISH, RAINBOW, SHAMROCK, GOOD LUCK,
BLARNEY.**