



TAKE A BREATH



Only When I
Cough!



Take a Breath
Evaluation



Meet
Douglas
MacDougall

Pulmonary Rehabilitation, Ella's story

Pulmonary rehabilitation is one of the best interventions for Chronic Obstructive Pulmonary Disease (COPD).

It can help people with other lung conditions too, such as pulmonary fibrosis and bronchiectasis. The programme includes both exercise and education. 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 and is a great chance to swap hints and tips! Topics that are discussed during the education sessions can include medication, chest clearance, stopping smoking, healthy eating and things that can help to keep infections to a minimum.

But what does it mean to the people who go?

Ella attended pulmonary rehab last year. She hadn't been able to get out of the house for a year. She was only able to get to appointments if her family took her out in a wheelchair.

When Ella first started at the class, she could walk about ten meters. It was Ella's goal to be able to walk from the hospital entrance into the class.

Following the pulmonary rehabilitation programme, Ella was able to walk 150 meters. This meant she could walk to and from the hospital entrance. She was fitter and able to use the strategies that she had been shown in the class to help control her breathlessness, such as pacing and breathing control.

Most importantly Ella now has the confidence to go to town shopping on her own 'I'm not frightened anymore'.

When you speak to Ella about pulmonary rehabilitation, it's not just about the fitness and education: 'it cheered me up coming here'

"I don't know where I'd be without the classes"

Judith Colligan, Respiratory Physiotherapist

Pulmonary Rehabilitation Week

is running from the 12th to the 18th of March 2017 and aims to celebrate and promote Pulmonary Rehabilitation.

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, news and updates on what we'll be doing!

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

Or visit www.mylungsmylife.org

Or call the CHSS Advice Line Nurses

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 Highland' for over two years 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 Highland'.

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/TABHighland

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"/>	<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 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:

Douglas MacDougall

CHSS Community Support Worker on the Isle of Skye



Hello folks, I am Douglas MacDougall and for the last 2 years I have been working as a CHSS Community Support Worker on the Isle of Skye.

I'm excited to say that my role is evolving in an effort to better support rural communities across Skye and Lochalsh. I'm going to be looking at ways that I can help people not only living with chest or heart conditions, but also individuals who are affected by stroke. I regularly meet with health

professionals who let me know about the different local services. This helps me to think about what other community support could be useful. We know that there are about 900 people in Lochalsh and Skye with long term heart and chest illness, and a further 300 with a stroke condition. By considering all three I'll be able to provide more support to people living in these rural communities.

In September 2016 we held a successful 'Patient Education Evening' in Portree which was well attended despite some 'challenging' weather. We will be holding a similar event in the South of Skye on the 29th March. So come along and

YOU ARE INVITED TO ATTEND

A PATIENT EDUCATION EVENING

Are you, or someone you know, affected by **chest** or **heart** conditions? Are you interested in developing new services to support the people of **Skye and Lochalsh**? Come along, learn something new, and **have your say**.

WEDNESDAY 29th March 7pm

Kyleakin Community Hall IV41 8PH

Speakers:

Michelle Duffy Respiratory Nurse Specialist

Dave Bertin Voices Scotland Lead

To reserve a place or find out more please contact Douglas MacDougall on 07788587562 or email Douglas.MacDougall@chss.org.uk

have your say about the support services you would like to see in this area!

'Support' can take many forms from general advice to more specific education. A particularly important form of support for more rural areas can be 'Peer Support'. This is where people to come together to share experiences. It's good to talk!

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
S	D	U	B	L	I	N	B	L	A
N	E	Y	S	T	R	I	S	H	J
I	R	E	L	A	N	D	S	T	P
A	R	A	I	N	B	O	W	B	L
S	H	A	M	R	O	C	K	A	N
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.**

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.mylungsmylife.org

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

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