

BREATHE EASY TELFORD



November / December
2014

www.breatheeasytelford.btik.com

Breathe Easy at Telford and Wrekin Clinical Commissioning Group's AGM

Mary Cook, Brian Bennett and I were proud to support Julia Meakin, the Interim Head of Commissioning for In-hospital Care and our own Mark Dillarstone, at the recent AGM of the Telford and Wrekin Clinical Commissioning Group (CCG) held at The White House on 9th September.

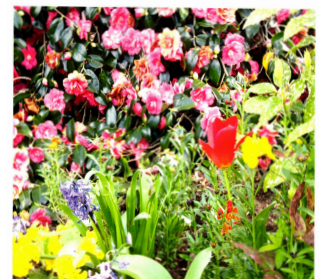
The CCG is the organisation that now decides what secondary medical services, such as Pulmonary Rehabilitation, are available to us, as patients.

This event was to report upon the CCG's first year of operation. Dr Mike Innes, Chair of the CCG, introduced Mark and Julia. They were there to make a presentation to illustrate how the CCG are engaging with their patients. (continued on page 3)



Calendar on sale.

£4 Available at group meeting or contact the editor or chairman see below, while stocks last.



**BREATHE EASY
TELFORD**

2015



Registered charity
in England and Wales
(526730)
and in Scotland



Breathe Easy Telford is a self-help group affiliated to the British Lung Foundation, dedicated to bringing together all those in our area affected by respiratory diseases, both patients and carers. Meetings are monthly, every fourth Thursday at Wellington Civic & Leisure Centre [Swimming Baths], Larkin Way, Tan Bank, Wellington, Telford TF1 1LX at 2.00 p.m. Please contact chairman:- Gerald Newton on 01952 593561 for further details. E-mail the editor: dillarstone@blueyonder.co.uk



Registered charity in England and Wales (326730) and in Scotland (SCO38415)

The Capillary Blood Gas Analyser Machine

This machine is used widely in the hospital setting to enable health professionals to obtain accurate information regarding patients' oxygen levels and enables them to look at all the other components in the blood that helps to maintain the oxygen level at acceptable and safe limits.

Most patients usually attend the cardio respiratory department on a regular basis for this test.

It is very important to know that each patient is receiving the correct amount of oxygen for their needs and also allows the health professional to make accurate adjustments to their oxygen requirements when the levels need altering.

It is a relatively quick and painless test where by a sample of blood is taken from the ear and analysed. This takes away the need to have it taken from the wrist area which is a little uncomfortable when it is performed.

If the community team were fortunate to have a machine it would allow housebound and acutely ill patients to have their tests done at home so they could be monitored more closely when they were feeling unwell and there was some doubt about their oxygen level and need. This would hopefully allow patients to be fully assessed at home in order to prevent an admission to hospital if not required. There is a lot of evidence to suggest that keeping patients at home, who have a long term lung condition, is far more beneficial to their health as it helps to prevent them catching further infections.

Sarah Paterson - Community Respiratory Nurse

News from October

On behalf of the committee we would like to thank the members who attended the last meeting in October. We had a late addition to the meeting and that was the oxygen supplier Baywater's nurse and an engineer, we trust you were not too bored with the talk as not too many there are on oxygen, but to those of us who are it has been 4 or 5 years since we had anyone come to talk and show us the latest equipment so once again many thanks. There has been an issue with the length of piping for the oxygen the last few months but now anyone with any problems regarding this can ask your respiratory nurse for a new assessment in your home, there should be no more problems,

Also some are having problems with the taxis in Telford not accepting clients on oxygen

We are currently negotiating with the licensing committee at Telford and Shrewsbury.

Telford are advising their 2 firms Royal 01952 299299 and Ultimate 01952 813636 to have their drivers risk assessed so that they are aware of the safety of carrying oxygen

Shrewsbury licensed taxis, Diamond and Go (formerly Central) and they are discussing this at the moment but have taken no action, if you are refused they would like you to contact them or us on the committee so that the case's can be resolved

Mr Mark Pritchard MP is also following up this as well on our behalf. Thank you all. *Mary Cook*

WORLD COPD DAY - 19 NOVEMBER 2014

This year world COPD day is on Wednesday 19th of November. We have booked a stand at the Telford Centre to heighten awareness of this disease. We will be there from 9am-5pm opposite WHSmiths.

The Community Respiratory Team will be there along with some of the Cardio Respiratory Department at PRH and also members of the Stop Smoking for Life team and some of the members of the Breathe Easy Group.

If any one would like to come along and say hello to us and maybe give some of the passers by and an insight in to the effect this disease has on yourselves and your family you would be made to feel more than welcome. *Sarah Paterson - Community Respiratory Nurse*

Peter Pan

The coach and pantomime for the 2 January in Shrewsbury has been sold out.

Beathe Easy Telford at T&W CCG's AGM *continued from page 1.*

Mark introduced Breathe Easy Telford and District to the audience explaining our purpose and how we are linked to the British Lung Foundation (BLF). He also described his own respiratory conditions; the shock he, and others, suffer upon initial diagnosis, and how the group has, and still, support(s) all those living with lung disease, their families and carers.

He went on to explain how Breathe Easy integrates with local respiratory medical professionals. In particular: how we have a commitment from the Community Respiratory Nurses to attend at least 8 out of our 10 monthly general meetings; how one of the nurses, Sarah Paterson, attends our monthly Committee meetings; and that Dr Moudgil, Respiratory Consultant speaks to our Group each year.

Mark also reported upon the success of the Post Pulmonary Exercise Class, at St Georges'. Many participants are signposted to the Group by physiotherapists following pulmonary rehabilitation. The CCG provided funds for us to trial a 2nd Class which was held in Lawley and that we hope to build on this in 2015.

Members of Breathe Easy, Telford and District also work with the CCG for Shropshire on several initiatives including the "Long Term Conditions Respiratory Group" and "Future Fit".

Mark also took the opportunity to tell the CCG what we would like from the CCG in the future. Namely: to build upon the psychological service that has recently been introduced, to have physiotherapist support/advice upon leaving hospital as to appropriate exercises. To give Carers more support, advice and information about respiratory disease so that they know when to ask for help and for the Group to be involved with education programmes for clinical staff to share the patient experience of living with lung disease. We would also like to see specialist nurses dedicated to respiratory health in our GP practices.

Julia Meakin, Commissioner, then reported upon recent improvements in the Respiratory Service:

The Service has increased the number of pulmonary rehabilitation courses available to patients with COPD; There is a new post tasked with anxiety management; The Community Respiratory Service now provides 7 day cover (this is in line with the National Agenda to prevent hospital admittance just because a patient falls ill at the weekend); Better supply and distribution of nebulisers;

The introduction of a Respiratory Community Clinic in Woodside (which opened the day of the AGM); The introduction of Respiratory Consultant Sessions to support Community Respiratory Nurses with complex patients in the community; The introduction of Care Navigators in 9 GP Practices; Health Trainers attached to GP Practices and The introduction of simple tele-health (remote monitoring). (Jill Wilson spoke to our Group about this device last year.)

As you have read, we were well represented, at this meeting. There were various other organisations in attendance including "Healthwatch", Safeguarding and DDG complaints, PALS and Membership Scheme.

In particular, we also heard from Christine Choudhary, Chair of the CCG Patient Health Roundtable. This organisation is a network of patients who initially get involved through their GP Practice. The Group collects information to make informed proposals to the CCG.

"Compassion in Practice" is the new three year vision and strategy for nursing, midwifery and care staff introduced by the Chief Nursing Officer following issues of concern identified at Stafford Hospital. This vision clarifies the 6 C's, namely care, compassion, courage, competence, communication and commitment. The Health Roundtable have identified a further 12 C's and have introduced the "Care with Confidence" Award. Dr Mike Innes then presented the Health Roundtable with the first Care with Confidence Award. He also notified the meeting that Sharon Smith, patient Engagement Lead at the CCG, (also a Speaker at Breathe Easy) has been nominated for a national award for her support of the Health Roundtable.

Dr Innes also introduced David Evans, Chief Officer and Andrew Nash, Chief Finance officer who both reviewed the CCG, reported on future plans for the CCG and answered questions from the audience. The basic message being that the CCG are here to buy the best services they can with the resources they have. We need to help them do this by making the patient voice heard. Please continue to report and inform your healthcare professionals about the service you are receiving. What is useful? What do you want more of? The CCG need our help to provide the services we want! *Veronica Miller*

Forthcoming Events

27 November	Hadley & District Orpheus Male Choir
1 December	Christmas Pub Lunch – Wickets Inn, Wellington
10 December	Festive Meal Ramada Hotel, Telford

No Group Meeting in December

2 January 2015	Peter Pan Pantomime -- Theatre Severn, Shrewsbury
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Dr Moudgil's Vist to our September Group Meeting

We were pleased, to once again, welcome Dr Moudgil to our Group Meeting on 25th September.

He spoke to us on a huge range of topics including general health advice and interesting research subjects.

Dr Moudgil began his discussion with the many improvements that have been made in the Respiratory Service in the last year. In particular, the increased use of Care Plans, the 24/7 access to the Respiratory Community Nurses and, most recently, the improvements made to Ward 9. Nationally, it was extremely interesting to note that that the rate of survival following a heart attack has increased tremendously due to the improvements in respiratory care generally, as opposed to improvements in coronary care!

He also spoke about issues surrounding e cigarettes, noting that the most pertinent issue was whether medical professionals were actually speaking to clients about the level of harm they might be causing (weighing it up against the harm caused by cigarettes, if that is the alternative).

The Group were also interested to hear about the various, initially "odd" sounding, research that has been undertaken in the pursuit of alternatives to pharmaceuticals including a bit of research looking at the affects of taking a honey and coffee mixture to alleviate symptoms which would normally require a steroid.

The main cause of COPD no longer appears to be from smoking or traditional industry. The Group were surprised to hear that bio mass fuels were now considered a major cause; leading to e.g. 3rd World Countries having increased rates of COPD. Dr Moudgil warned of the dangers of open fires generally such as e.g. wood burners and the importance of having appropriate smoke alarms.

On a lighter note, our Speaker told an anecdote of a patient who had only sought medical advice when his family insisted that his pet had started behaving a little oddly around him. Sure enough, the patient was diagnosed and received appropriate medical care with the patient believing the dog had saved his life. Sadly, the dog passed away as the patient was receiving treatment, so one cannot be sure if the dog's behaviour had related to the patient or itself!

Dr Moudgil concluded his talk with emphasising the importance of the Patient Voice. He actively encourages us to make our views known. We have to ensure that those in charge of our hospitals listen to what we want and make decisions on the basis of patient need. Our medical professionals need our help with this! Where do we want our Service to be? What investment in new pharmaceuticals do we want? Consider joining a patient forum..... Ask your GP.....Write a letter.... Unless you make your views known, report a problem, register a compliment, we will be given a Service the authorities think we need. *Veronica Miller*

Hadley & District Orpheus Male Choir Return!



After last year's visit, members of Hadley & District Orpheus Male Choir return. They will be performing at our November (27th) group meeting. The choir was formed in 1901. They have been three times winners of the Welsh National Eisteddfod in 1923, 1925 and 1933. It promises to be a memorable meeting, all welcome as usual, with tea and coffee available along with complimentary mince pies!

Festive Meal 2014

**Ramada Telford Ironbridge Hotel (Grays),
Forgegate, Telford Town Centre TF3 4NA**

Wednesday 10th December 2014 arriving at Noon for 12:30.

£14.95 per person.

Places still available, contact Mary Cook on 01952 254678.



**May we be the first to wish you all the best for
Christmas and a healthy, prosperous 2015!**