World COPD Day
2014

World COPD Day this year took place on Wednesday 19 November. COPD, or chronic obstructive pulmonary disease, is the name used to describe a number of conditions affecting the lungs including emphysema and chronic bronchitis. People with COPD can find it difficult to breathe and often struggle with everyday tasks. But living well with COPD is possible with the right support. It’s estimated that there are more than 2 million people living with this condition in the UK who haven’t been diagnosed. This means they can’t get the help they need to have the quality of life they deserve. On the day a stand was manned in the Telford Shopping Centre with members from Breathe Easy Telford, health care professionals, Elsa Davies and Sarah Paterson from our local community respiratory nursing team. Carol Van Der Westhuizen from Respiratory Ward, Princess Royal Hospital was there as well, supporting the event. The British Lung Foundation and the Smoking Cessation Service were there offering support and information.

The stand featured a wealth of information, while lung function testing was also carried out. People were also able to have inhaler technique checks, while staff from the pulmonary rehabilitation service provided advice and information. Elsa Davies, Respiratory Team Leader at Shropshire Community Health NHS Trust, said: “It was a great day to raise awareness of COPD and the importance of good lung health. It also gave people a chance to pick up information and receive advice. “Seven people asked to have their lung function checked and of these five were referred to their GP for a further check-up. “It was a really successful day with lots of people stopping by and asking us questions and we hope they found our advice informative.”

British Lung Foundation launched their COPD patient passport, this gives you personalised advice about your condition. It can help you to talk about any symptoms with your doctor. Try it online - www.passport.blf.org.uk. Or you can order a paper publication by phoning the BLF helpline on 03000 030 555.

I would like to thank on behalf of the committee to everyone for making it a very memorable and successful day. Editor
Breathe Easy Telford is Fund Raising for a Portable 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 help to maintain the oxygen level at acceptable and safe limits.

Having a portable machine for the community respiratory team would allow house-bound and acutely ill patients to have these tests done at home so they could be monitored more closely when they were feeling unwell and if 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. We have a target of £5,000 and have now raised £1523.10. This has been through Daisy’s Tea Afternoon, Sue and Gerry Marston’s BBQ, £1 from every Breathe Easy 2015 calendar sold, the raffles held at the Post Pulmonary Rehabilitation Exercise Class at St Georges’, the Christmas raffles and the quiz held at AFC Telford in September. Many thanks to all those responsible for organising these events and to all who help support us.

Volunteers wanted for Tea and Coffee

We are looking for volunteers to help with the tea and coffee at the group meetings. This would involve a short setting up time and serving at the start of the meetings. On behalf of all members I would like to extend our appreciation and thanks to Frank Cook who has served refreshments over many years and is now taking a well earned rest.

The Wickets Inn hold a Xmas Raffle

Brian Bennett arranged for a hamper to be raffled at the Wickets Inn. Many thanks to him and Landlady and Landlord Julie and Eddy Malia for having the hamper on the pub’s bar. 1st prize Pat McIntyre, 2nd Prize Jean & John Treadwell and 3rd Prize Bob Whittikar. £109 was raised.

Xmas Raffle at Breathe Easy’s Exercise class at St Georges

A Christmas raffle was held at the St Georges Cricket Club where we have a weekly exercise class for those who have completed a Pulmonary Rehab course. Brian Bennett arranged with Tracey Oliver who runs the class and Denise the manager of the club for a hamper to be displayed the bar to sell tickets. Many thanks to Denise who would only allow people who ordered food at the club’s bar to be served if they purchased a ticket!

Again thanks to her great work, the club alone raised £156.00 together with the class members and their families raising a total of £280. The proceeds have gone towards the fund raising effects for the portable Blood Gas machine. One member’s husband made a wonderful embroidered cushion which was donated as one of the prizes. The winners were all people from the St Georges club which included Mike Wyatt and the wine won by a member of the bowls. The classes’ mascot was there in a festive outfit.
2015 Meetings and Events

22 January   Denise – Laughter
2 February   Pub Lunch – Wickets Inn, Wellington
26 February  Brian Draper MBE - Severn to the sea
2 March      Pub Lunch – Wickets Inn, Wellington
12 March     Anniversary Lunch
26 March     Sharon Smith - Patient Engagement Lead, T&W CCG
              Jacqui Seaton Head of Medicines Management, T&W CCG – Inhaler Techniques
27 March     Quiz at AFC Telford
7 April      Tombola at Princess Royal Hospital, Telford
13 April     Pub Lunch – Wickets Inn, Wellington
23 April     DWP
11 May       Pub Lunch – Wickets Inn, Wellington
28 May       Tea and chat / Wellington Fire Service
1 June       Pub Lunch – Wickets Inn, Wellington
10 June      Blists Hill
25 June      Elsa Davies Respiratory - Team Leader
6 July       Pub Lunch – Wickets Inn, Wellington
1 July       Severn Valley Steam Railway
23 July      AGM
3 August     Pub Lunch – Wickets Inn, Wellington
12 August    Llandudno

No Group Meeting in August

7 September  Pub Lunch – Wickets Inn, Wellington
24 September Dr Moudgil-Consultant Physician - Respiratory Medicine
October     Ouiz at AFC Telford (TBC)
5 October   Pub Lunch – Wickets Inn, Wellington
22 October  Sarah Paterson - Community Respiratory Nurse
2 November  Pub Lunch – Wickets Inn, Wellington
18 November Xmas meal, Ramada
26 November Hadley and District Orpheus Choir
7 December  Pub Lunch – Wickets Inn, Wellington
30 December 2016  Pantomime - Dick Whittington - Theatre Severn, Shrewsbury

No Group Meeting in December

An up to date list is maintained on our website.

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BBQ Raising Funds In aid of the Portable Blood Gas Machine

A fund raising BBQ event was held on 19 July 2014 in aid of the group’s fund raising efforts for a portable Blood Gas machine. Sue and Gerry Marsden, friends of Maureen Sanders organised the event. Despite the weather, they managed to make the afternoon a resounding success. With all their contributions, help and support, especially on the day, they raised £519.30. Many thanks for all the efforts.
Using your Inhaler Correctly to Maximise the benefits!

In November I went to one of the Inhaler Technique training sessions at Stirchley Medical Practice. It was an opportunity for Health care professionals (HCPs) to have hands on experience of the various types of inhalers; I never knew there were so many!

We were given a guide on how to use each type of inhaler correctly, from preparation of the device to the correct inhalation technique. There are seven steps to follow for each device.

It was interesting to note that the inhalation techniques can be very different from two similar looking devices and as a patient we may be moved from one to another and this wouldn't necessarily be obvious. The effectiveness of using a spacer, we were told doubles the amount of the actual dose taken on board by a patient. I was surprised of that point, as a user of this device.

Many HCPs can’t use the devices themselves properly. So by training HCPs this good practice can be cascaded to patients. It has been suggested that HCPs can observe patients demonstrating their inhaler techniques, some of us I am sure need a refresher!

Telford and Wrekin currently spends £3.6 million on respiratory medicines each year and it is known that many patients are not using their inhalers properly.

There is also evidence to show that this type of training can reduce the drug bill - by using the correct technique more drug is delivered to the lung which hopefully means that the patient won’t need to use their reliever inhaler as often.

At our March group meeting Jacqui Seaton will be joining us to talk through inhaler techniques with the various inhalers in use. It is an opportunity to ensure that you are getting the full benefit from your inhaler. Please bring your inhaler along to the March group meeting in order to go through the correct techniques.