

Living Well

With COPD: self care booklet



mylivingwell.co.uk

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Learning to manage your condition

If you have a long-term condition, there are extra things you may need to consider including:

- Making changes to your diet
- Different types of exercise
- Different types of medication you may need to take

It is important to stay active and do things that are important to you.

Self care involves looking at what you can do and want to do, rather than what you can't do.

When you talk to your doctor or nurse about your condition, you may want to discuss some of the things you need to do to stay well.

Some of these will be things that you can do yourself including:

- Eating healthily
- Exercising
- Taking your medicines at the right time

This booklet is designed to help you live well with COPD. The information is general as people will be affected differently and have different capabilities. Please use a smart phone to scan the QR codes to find more information, or visit the Long Term Conditions section on the Living Well website.

An app is available to help you manage your COPD better.
Search COPD Hub UK on Google Play and Apple App Store.



NHS Choices

You can find lots of useful information about keeping well and healthy living ideas on the NHS website.

Living Well in Bradford district

There's lots of information about healthy living and links to local services and groups on the Living Well website.



What is COPD?

Chronic obstructive pulmonary disease (COPD) is the name for a group of lung conditions that cause breathing difficulties.

It includes:

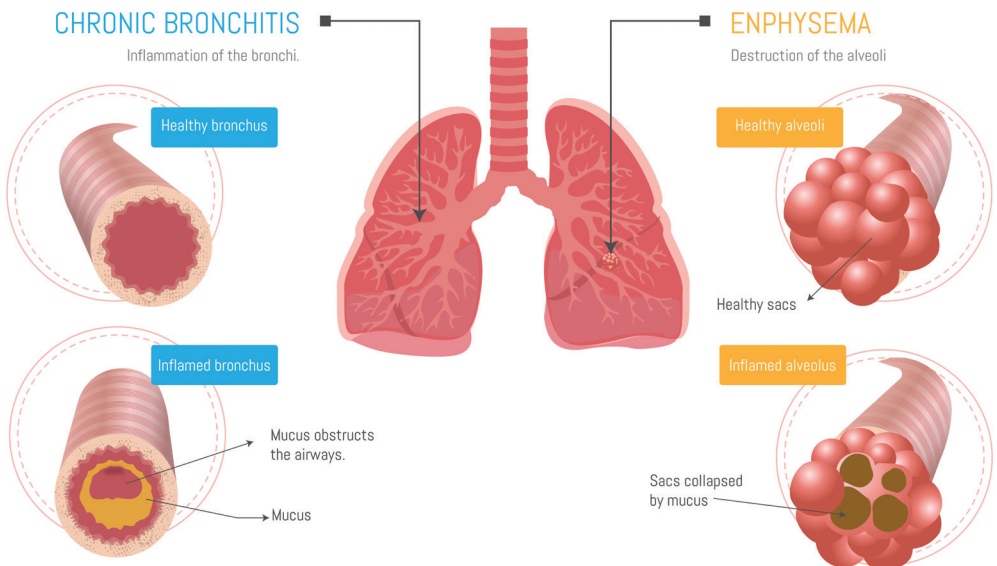
- Emphysema – damage to the air sacs in the lungs
- Chronic bronchitis – long-term inflammation of the airways

COPD is a common condition that mainly affects middle-aged or older adults who smoke. Many people do not realise they have it.

The breathing problems tend to get gradually worse over time and can limit your normal activities, although treatment can help keep the condition under control.

Symptoms often include:

- Increased breathlessness when active
- A persistent cough with phlegm
- A wheeze. Frequent chest infection



Do not ignore ongoing symptoms of COPD, see your doctor as soon as possible.

Living with COPD

Being diagnosed with COPD may come as a shock. However, the good news is that there is lots you can do to improve your quality of life.

Looking after yourself and taking responsibility for your own health will help to keep you as well as possible.

It is important that you take any prescribed medication, even if you feel well. The medicines can prevent or delay your COPD symptoms from getting worse.

It's a good idea to keep your last insert from your previous prescription to hand in case you need to tell somebody.

Medication

It's important to look after yourself if you have COPD and take any prescribed medicine, including inhalers, that you are advised to. If you are unsure what each medication is for, ask when you see your nurse or doctor.

It's also a good idea to read the information leaflet that comes with your medicine about possible interactions with other medicines or supplements.

Check with your care team if you plan to take any over-the-counter remedies, such as painkillers or nutritional supplements. These can sometimes interfere with your medicine.

Regular reviews

You'll have regular contact with your care team to monitor your condition. It's also a good opportunity to ask any questions.

These appointments may involve:

- Talking about your symptoms – such as whether they're affecting your normal activities or are getting worse
- Talking about your medicine – including whether you think you might be experiencing any side effects
- Tests to monitor your health

Be careful what you breathe

To reduce symptoms of COPD, there are certain things that should be avoided if possible, these include:

- Dusty places
- Fumes, like car exhausts
- Smoke
- Air freshener, sprays or plug-ins
- Strong-smelling cleaning products, unless there is plenty of ventilation
- Hairspray
- Perfume



Take action and ask if your jabs are up to date

COPD can put a significant strain on your body and mean you're more vulnerable to infections.

The flu and pneumonia jabs are available free from your doctor.

The flu jab is given every year from October. The pneumonia jab is a one-off jab that protects against certain types of pneumonia, septicaemia (blood poisoning) and meningitis. You can have both jabs at the same time.



The shingles vaccine is currently available for those turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system.

Staying active

Regular physical activity can help improve your symptoms and general health. If you have COPD ask your doctor or nurse about exercise options.

Ways to get more active

- Check with your doctor or healthcare team before you begin. When doing regular physical activity becomes a habit, and you're looking for new challenges, increase little by little.
- Be realistic about your goals. Set yourself realistic goals that are specific, measurable and achievable.
- Make exercise part of your day. Plan a time to do some physical activity that fits in with the rest of your day and try keeping an activity diary to help monitor your progress and success. If you miss a day, don't worry, just make sure you start again the next day.
- Keep moving and make it fun! Remember, everyday activities count, so look out for opportunities to be active during the day. For example, use the stairs instead of the lift, or walk to the local shop rather than taking the car.
- Choose activities you enjoy to help you achieve your goals and stay motivated. Vary your activities and try involving family and friends.
- Reward yourself! Recognise when you achieve your goals. Think of things that you could reward yourself with.



Scan the QR code to find out



about the benefits of walking and find guided and self guided walks in Bradford district.

Scan the QR code for a list of Bradford walks and maps that you can download and print.



If at any time you feel that your COPD symptoms have deteriorated and you feel unwell and require medical attention call your doctor, 111 or if you feel it's an emergency call 999.

Take extra care in cold weather

Cold spells and periods of hot weather and humidity can cause breathing problems if you have COPD.

It's a good idea to keep an eye on the weather forecast.

People with COPD should have a review with their GP at least annually.

Services that will support you



If you drink alcohol, drink within safe limits

DrinkCoach is a website where people can find information to make informed choices about alcohol with a quick confidential online quiz and free online coaching sessions.

Scan the QR code to find out more.



Scan this QR code for NHS alcohol info.

Bradford Encouraging Exercise in People (BEEP)



BEEP is a free physical activity referral service that encourages people who are inactive, to become more active, with a 52 week support programme.

BEEP is also a great way for people living with long term health conditions to increase their physical activity levels safely and improve their health. A trained exercise referral officer will work with you to design a bespoke exercise training programme created specifically for you.

Ask at your local GP practice for a referral to the BEEP service. Your GP, nurse or any other health care professional can complete a referral form for you.

Scan the QR code or visit the Living Well website to find out more.



Support to stop smoking

Quitting smoking is one of the best things that you can do for your health. Research has shown you are up to three times more likely to quit smoking if you use the support of your local Stop Smoking Service in addition to products such as patches or gum.

The Living Well Stop Smoking Service

This local service can support you with free confidential support to keep you motivated to quit.

When you use the service, you will get one-to-one support from a friendly trained advisor who will create a 12 week personal quit plan designed with you, to work for you.

Scan the QR code to find out more or visit the Living Well website, or call 01274 437700.



The NHS Smoking Helpline can also offer advice and encouragement to help you quit smoking.
Call 0300 123 1044.

Scan the QR code to visit the NHS smoke free website.



Bradford District and Craven
Health and Care Partnership



**Healthy Minds is your first
step to mental health
support in Bradford
District and Craven**

www.healthyminds.services

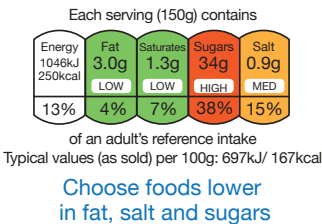


Eating well

A healthy balanced diet is important for good health. It should include high fibre foods like wholegrains, oats, beans, lentils, nuts, fruits, and vegetables, which are good for keeping your heart healthy and controlling blood pressure.



Check the label on packaged foods



Limiting salt to 6g (1 teaspoon) each day can also help to keep your blood pressure healthy. Look for the traffic-light colours on food packaging to limit foods that are high (red) in salt, sugar, and fat – these are sometimes called ‘ultra-processed’ foods and are not good for our health.

Beans, lentils, and nuts are good sources of protein, and oily fish like salmon, mackerel, pilchards, or tuna, can also help to protect against heart disease. Oily fish, as well as nuts, olive oil, and avocados contain good fats that are good for heart health, while high fat foods such as fatty meats, pies, sausages, and ghee, should be limited.



You can enjoy a balanced diet by making small, gradual changes that you can stick to. Choose unprocessed foods with less ingredients wherever possible to help fuel your body and protect your heart. Scan the QR for info about portions and food groups with the Eatwell Guide.

Swap Well to Eat Well

Please scan the QR code to find information about healthy eating with recipes and easy food swaps you can make on the Living Well website.



Planning for the future

Work

If you are well enough, it is important to keep working for as long as you feel able. With the right support, staying in work can make you feel better and give you financial security.

- Talk to your employer as soon as you feel that your condition is affecting your ability to do your job so that you can find a solution that suits both of you. For example, it may be possible for you to work part-time.
- The Disability Discrimination Act (DDA) requires employers to make reasonable adjustments to working practices or premises to help a person with a disability.
- Before leaving work, check whether there are benefits that you or your family may be entitled to. If necessary, your personnel department or manager should be able to help you make enquiries.

The Equality Act 2010 requires employers to make reasonable adjustments to working practices or premises to help a person with a disability.

Call Disability Advice Bradford: 01274 594 173. (Mon & Tues mornings)



Scan the QR code for benefits advice from the Citizens Advice Bureau, or call 0844 245 1282

Scan the QR code for benefits and welfare advice on the Bradford Council website



Scan the QR code for a benefits check with the Jobcentre Plus

Scan the QR code for information about benefit calculators



Where to find support

Find out which services may be available to you. Even if you don't need them now, they may be useful in the future. By using the services that you are entitled to you can ensure that those closest to you don't have to take on all the responsibility for helping you.

Find out what services can be arranged through your doctor or consultant. Living Well advisors or social prescribers may also be able to help you get support.

Living Well

Supporting people in Bradford district to live healthier, more active lives. Call: 01274 438884.



Living Well Quick Links:

Advisor Service



Free, friendly advice and non-judgemental support for anyone needing a little

extra help to start making lifestyle changes. Where to start, what to do next, and signposting to other useful resources and services.

Stop Smoking Service



Free confidential 1:1 support to motivate people to quit smoking with a wide

range of options to help combat cravings, including free 12 week vaping kits and prescribed NRT medications.

Weight Management Support



12 weeks free access to weight management groups including Slimming World,

APNA Healthy Living and The Brotherhood supporting people to lose weight in a healthy way. (New members only. Offers subject to change).

BEEP Exercise Referral Service



A free physical activity referral service encouraging people who

are inactive, to become more active with a 52 week support programme. Also a great option for people living with a long term health condition.



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The wording in this leaflet can be made available in other formats such as large print and Braille.

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