

Resources for Chronic Obstructive Pulmonary Disease (COPD)

Please see below helpful links for COPD:

Understanding COPD

- What is COPD: www.blf.org.uk/support-for-you/copd/what-is-copd
- How is COPD diagnosed: <https://www.blf.org.uk/support-for-you/copd/diagnosis>
- Treatments for COPD: www.blf.org.uk/support-for-you/copd/treatment
- How to manage a flare-up: www.blf.org.uk/support-for-you/copd/flare-ups
- Living with COPD -copd/living-with/ www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/living-with/

COPD Management

You can take advantage of the myCOPD app if your CCG/region has licenses:

myCOPD is an integrated online education, self-management, symptom reporting and pulmonary rehabilitation (PR) system. It helps patients to manage their condition by providing

- A self-management plan
- Inhaler diary,
- A COPD Assessment Test (CAT)
- Pulmonary rehabilitation programme,
- Online education tutorials
- Weather and pollution forecasts
- Symptom reporting

NB this is a paid for app and access will depend on whether your local CCG/region has purchased licenses. <https://www.nhs.uk/apps-library/mycopd/>

Inhaler technique

- Videos showing how to get the best out of your inhalers: www.asthma.org.uk/advice/inhaler-videos/

Diet

- Providing information and recipes for easy ways to eat better from the 'One You' website - www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise

Information on home exercise workout plans:

- 'One You' website www.nhs.uk/oneyou/for-your-body/move-more/
- Asthma UK website www.asthma.org.uk/advice/triggers/exercise/
- iPrescribe app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information, please see free download here www.nhs.uk/apps-library/iprescribe-exercise/
- Getting active around the home: tips, advice and guidance on how to keep or get active in and around the home from Sport England, access for free using the link here <https://weareundefeatable.co.uk/>
- Dance to health: Online dance programme especially tailored to people over 55 years old. Access for free using link here www.dancetohealth.org/Online_Session/Online_Sessions

Mental well-being

Tips and suggestions for looking after your mental health:

- 'One You' website www.nhs.uk/oneyou/every-mind-matters/

Peer support: community for people living with COPD: <https://healthunlocked.com/copd-friends>