

Resources for Chronic Obstructive Pulmonary Disease (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/
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COPD Management

If your CCG has licenses for it:

MyCOPD app: 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 you local CCG has purchased licenses.

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:
NHS 'One You' website - <https://www.nhs.uk/oneyou/for-your-body/eat-better/>

Exercise

- Information on home exercise workout plans:
NHS 'One You' website www.nhs.uk/oneyou/for-your-body/move-more/

Mental well-being

- Website that provides tips and suggestions for looking after your mental health:
NHS 'One You' website www.nhs.uk/oneyou/every-mind-matters/