

November 6th, 2015

Raising awareness of lung disease

Nurses at South Tyneside District Hospital are planning a week of events to mark World COPD Day on November 18th.

The Acute Respiratory Assessment Service (ARAS) team will offer members of the public spirometry testing, which is used to diagnose and monitor certain lung conditions by measuring how much air you can breathe out in one forced breath.

The respiratory nurse specialists will also provide advice and information about Chronic Obstructive Pulmonary Disease (COPD) and the latest research opportunities. In addition, there will be a chance for patients to find out about South Tyneside NHS Foundation Trust's pulmonary rehabilitation programme, which is aimed at helping them, through exercise, education and support. ARAS will have the assistance throughout the week of the South Tyneside Breathe Easy support group.

World COPD Day is organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) and supported by the British Lung Foundation (BLF). This year's theme - 'It's not too late' – emphasises that patients can take steps to improve their respiratory health at any stage of the illness.

COPD 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. Respiratory Nurse Specialist Beverley Robson said: "It's estimated that there are more than 2 million people living with the condition in the UK who haven't been diagnosed, which means they can't get the help they need to have the best quality of life possible. We are supporting the BLF's campaign around World COPD Day to show how successfully managing COPD can help people to improve their lives and keep a good level of independence."

The planned events are as follows:

Monday, November 16th, 1pm-3pm, main gym, physiotherapy department, South Tyneside District Hospital: drop-in for patients to find out more about pulmonary rehabilitation.

Tuesday, November 17th, 10am-3pm, Hebburn Central; Wednesday, November 18th, 10am-4pm, Asda, South Shields: spirometry testing for members of the public, plus advice and information.

Thursday, November 19th, 9.30am-11.30am, small gym, physiotherapy department, South Tyneside District Hospital: drop-in session for anyone with an inhaler to check that they are using it correctly

Friday, November 20th, 9am-1pm, British Lung Foundation Big Breakfast fundraising food stall, South Tyneside District Hospital (near main reception, Ingham Wing)
ends

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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