

Respiratory webinar resources

Asthma & COPD Self-management plans

Asthma self-management plan - <https://www.digihealthwell.co.uk/wp-content/uploads/2021/01/TECS-Asthma-Management-Plan-29.10.20.pdf>

COPD management plan - <https://www.digihealthwell.co.uk/wp-content/uploads/2021/01/TECS-COPD-Management-Plan-20.1.21..pdf>

Websites:

- ▶ Asthma UK - [Homepage https://www.asthma.org.uk](https://www.asthma.org.uk)
- ▶ British Lung Foundation - [British Lung Foundation | The UK's lung charity \(blf.org.uk\)](https://www.blf.org.uk)
- ▶ NHS - [Asthma https://www.nhs.uk/conditions/asthma/](https://www.nhs.uk/conditions/asthma/)
- ▶ NHS COPD <https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>
- ▶ RightBreathe – <https://www.rightbreathe.com>
- ▶ Asthma Control Test – <https://www.asthmacontroltest.com/en-gb/welcome/>

Apps:

- ▶ You can download the **Manage Your Health App** for FREE from the App store at: [Manage Your Health on the App Store \(apple.com\)](https://apple.com/health) and Google Play: [Manage Your Health - Apps on Google Play](https://play.google.com/store/apps/details?id=com.nhs.uk.manageapp) The Manage Your Health app covers important information on many long term conditions. You can tailor the information you wish to receive by selecting the 'My Conditions' option. From there you can select the condition that you wish to focus on e.g., Asthma or COPD.
- ▶ NHS Smoke Free (A free app can help stop smoking) [Smoke Free – FREE to download Smoke Free - Stop Smoking Now on the App Store \(apple.com\)](https://apple.com/smokefree) also available at [Smoke Free: Quit Smoking Now and Stop for good - Apps on Google Play](https://play.google.com/store/apps/details?id=org.nhs.uk.smokefree)
- ▶ RightBreathe (Free app providing information on inhaler treatments and training videos). The RightBreathe App is available to download for FREE from the App Store: [RightBreathe on the App Store \(apple.com\)](https://apple.com/rightbreathe) and Google Play: [RightBreathe - Apps on Google Play](https://play.google.com/store/apps/details?id=com.rightbreathe)

Video Consultations:

To view the patient video consultation guides, please take a look at the link below:
<https://www.digihealthwell.co.uk/patients/vc-patientguide/>

Exercise:

Information on home 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 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 the link here: www.dancetohealth.org/online_session/online_sessions

Mental well-being

Tips and suggestions for looking after your mental health can be found at the 'one you' website here: www.nhs.uk/oneyou/every-mind-matters

Peer Support

Information on the community for people living with COPD can be found here: <https://healthunlocked.com/copd-friends>

Accessing reliable kit

Peak Flow Meter

When buying a peak flow meter from a pharmacy or online, make sure it has an EU standard scale. Though you may well find that your GP or practice nurse is able to prescribe a peak flow meter for you – which might save you the cost if you are entitled to free prescriptions.

Pulse Oximeter

These devices can be purchased from a variety of high street shops or online and start at around £20. There are different versions for a child or adult.

Thermometer

Older mercury/glass thermometers should be avoided due to safety issues and strip style forehead thermometers are also not recommended, due to inaccurate results. Infrared thermometers can be quite expensive and measure skin temperature, rather than core body temperature. The most effective/accurate type of thermometers are digital, which take the temperature under the tongue, armpit or ear. All can be purchased online or at a pharmacist or high street shops.