

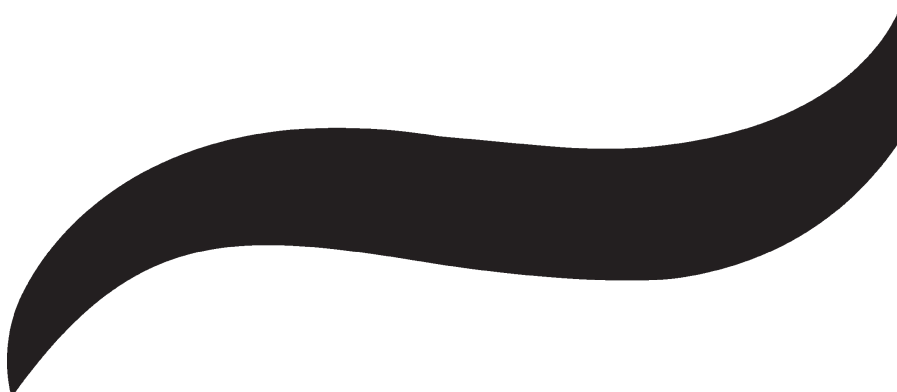


Information about

Home Support for People with Chronic Obstructive Pulmonary Disease (COPD)

Contact Numbers North - 07483 320 721
 South - 07815 976 478

Community Respiratory Service



INTRODUCTION

The Community Respiratory Service supports people at home who have a diagnosis of Chronic Obstructive Pulmonary Disease (COPD). We provide specialist respiratory assessment, monitoring and treatment.

Our service will support you:

- when you have a flare-up of your COPD (worse than usual);
- when you get home from hospital;
- to help you to manage your COPD.

Our team is made up of a respiratory physiotherapist and a respiratory nurse.

WHAT DO WE DO WHEN WE FIRST VISIT YOU AT HOME?

On our first visit, we will get to know you and find out how you normally feel. We will ask you how you are feeling that day.

We will check the following:

- Your blood pressure
- Your pulse
- Your temperature
- Your oxygen level
- How fast you are breathing

We will check your inhaler technique and make sure you are taking your medication correctly. If you are unwell, we will give you support and advice to help you through your flare-up.

We might contact you regularly when you are having a flare-up of your COPD. This lets us discuss how you are doing (Monday to Friday).

WE WILL COVER THE FOLLOWING WITH YOU:

- How to manage your condition
- How to manage your breathlessness
- How to know you are having a flare-up
- How to be as independent as possible with everyday activities
- Review your medication including inhalers
- Give you a home exercise programme that suits you
- Advice about your lifestyle and diet
- Advice on stopping smoking if appropriate

WHAT CAN YOU PHONE US ABOUT?

Please phone us if you have any questions or concerns about the following:

- More breathless than usual
- More phlegm than usual, or a change in the colour of your phlegm
- You feel you are having a flare-up
- You feel you need to take more of your normal medication
- You are having trouble carrying out your usual activities

THEN WHAT HAPPENS?

We will talk to you about how you are feeling so we can decide what help you need. We might do any of the following:

- Give you advice over the phone
- Come to your home to see you
- Advise you to see your GP Practice

Contact your GP Practice if you are having any other problems that are not linked to your COPD

WHAT CAN I HOPE TO ACHIEVE?

We hope that with support from our service you will:

- have a better understanding of your condition and know how to manage it;
- know how to manage your flare-ups;
- be able to control your breathing;
- be confident with your medication;
- be more confident in carrying out your everyday activities.

WHAT HAPPENS NEXT?

We will discharge you from our service once your COPD is stable and we have covered all the education that you need.

If you have a flare-up in the future, you can refer yourself back to our service. Phone us on:

North - 07483 320 721

South - 07815 976 478

We will arrange to review you at home again. If no one is available to take your call, you can leave a message and we will get back to you.

You could also contact your GP Practice if this is easier for you.

If your chest problem seems to be getting worse, contact your GP Practice or if it is out of hours' contact NHS 24 (Dial 111).

If it is an emergency situation call 999.

HOW WE KEEP YOUR HEALTH INFORMATION SECURE

NHS Lanarkshire take care to make sure that only people who are allowed to can access your personal information. Our staff have a legal duty to keep information about your health safe, secure and private.

If you want to learn more about how we do this, you can visit our website at <https://www.nhslanarkshire.scot.nhs.uk/data-protection-notice> You can also ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services
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NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health
information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

For NHS staff only -

For advice on how to get a leaflet
translated for your patients, please contact:
patientinformation@lanarkshire.scot.nhs.uk

For patient letters, records etc. please email:
translation.services@lanarkshire.scot.nhs.uk

We may use Copilot to assist
in the production of patient
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