



University Hospitals Birmingham
NHS Foundation Trust



COPD Clinic Discharge Information

Building healthier lives

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

COPD review

The doctors have discharged you from the Queen Elizabeth Hospital Birmingham's (QEHB) COPD clinic today; but you should continue to have a COPD review by the practice nurse at your GP's surgery at least:

- Every 6 months* (FEV1 <30% and respiratory failure)
- Once a year* (FEV1 ≥30% without respiratory failure)

*Circle as applicable

Your COPD review should include yearly breathing tests, a review of your medicines, inhaler technique, breathlessness, activity, oxygen levels (if applicable), flu vaccination and a self-management plan.

The 6 steps to good COPD care

1. A diagnosis confirmed by lung function (breathing) tests performed by a qualified person.
2. Support to manage your COPD, active involvement in your own care and the opportunity to discuss how you wish to be treated.
3. Support to help you stop smoking – if applicable.
4. An understanding of the importance of being active. You should have been offered the opportunity to improve your activity through exercise and pulmonary rehabilitation (lung exercise) – if applicable.
5. Knowledge of when and how to take your tablets and the confidence to use both these and your inhalers properly.
6. A written self-management (traffic light) plan with a rescue pack containing antibiotics and steroids (if applicable) and an understanding of how and when to use these.

Useful contacts

Respiratory Support Team Tel: 0121 371 4805

British Lung Foundation Tel: 03000 030 555 **Web:** www.blf.org.uk

Breathe Easy Tel: 0116 249 5780 **Web:** midlands@blf.uk.org

NHS 111 Tel: 111 **Web:** www.nhs.uk

Age UK Tel: 0800 169 6565 **Web:** www.ageuk.org.uk

Carers Trust Tel: 0844 800 4361 **Web:** www.carers.org

Research

Queen Elizabeth Hospital Birmingham has an active COPD research team. If you would like to be:

- Reviewed in the COPD research clinic once a year by a COPD Specialist

Or

- Informed about future COPD research studies

and are happy to be contacted about one or both of these, please complete the form below, and hand to the clinic receptionist, or to one of the clinic nurses.

Name:

Date of birth:

Hospital number (if known):

Address:

.....

.....

..... Postcode:

Phone number:

Mobile number (if applicable):

Email address (if applicable):

I would like to be (tick as applicable)

[] Reviewed in the COPD research clinic once a year

[] Informed about future COPD research studies

Signature: Date:

**Please hand the completed slip to the clinic receptionist,
or to one of the clinic nurses.**





The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Respiratory Support Team

Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston,
Birmingham B15 2GW

Telephone: 0121 371 4805
