

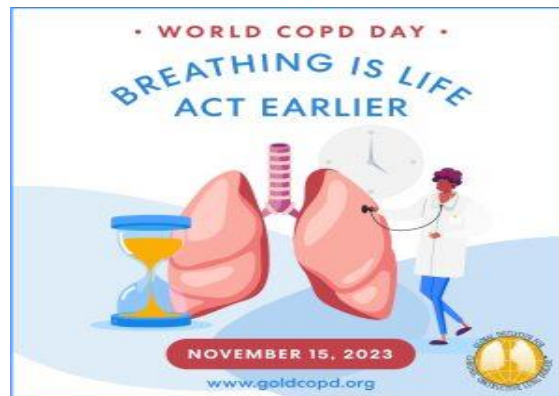


North Derbyshire Community Respiratory Service

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Hi

We are the North Derbyshire Community Respiratory Team who accept referrals from your area for patients who have a diagnosis of chronic respiratory disease.

We are raising awareness about Pulmonary Rehabilitation this month as

**November the 15<sup>th</sup> is World COPD Day.**

Pulmonary rehabilitation is an established method of care for people with COPD (Chronic Obstructive Pulmonary Disease), Bronchiectasis and related pulmonary disorders. We currently run Pulmonary Rehabilitation in your area at the ARC Centre (Clowne Leisure centre), Walton Hospital, Stonegravels Parish Centre (Chesterfield), St Barnabas Centre (Danesmoor), Buxton Cottage Hospital and Hillstown Village Hall (Bolsover).

Additionally, across North Derbyshire:

- Our specialist respiratory physiotherapists offer appointments for symptom management for patients with complex needs of chronic respiratory conditions: a range of sputum clearance techniques; advice and techniques for breathlessness management; treatments for breathing pattern disorder and management of respiratory symptoms for people with complex neuromuscular conditions.
- We provide specialist respiratory nurse appointments for patients with respiratory conditions (excluding asthma) for help with optimising medication, nebuliser assessments and review due to frequent exacerbations of their COPD.

Attached are our leaflets and referral forms, you may wish to print or add to your clinical system for future use, below are some additional resources.



We hope you find the information useful but if you have any queries, please contact the team on 01246 253067 or [DCHST.Respiratory@nhs.net](mailto:DCHST.Respiratory@nhs.net)

Many thanks

*Community Respiratory Team*

Information about world copd day

<https://goldcopd.org/world-copd-day-2023/>

Additional resources:

This #WorldCOPDday the theme is Breathing is Life - Act Earlier! It is important to get an early diagnosis of for the cause of your breathlessness and also to know how to manage it well. Here are some tips from @asthmaandlung on how to manage breathlessness well

<https://www.asthmaandlung.org.uk/symptoms-tests-treatments/symptoms/breathlessness/how-can-i-manage-my-breathlessness>

Breathlessness is not something to hide away; keeping active and involved with others will help life be as good as possible. Read about the exhibition which aims to unveil the hidden world of breathlessness.

<https://www.hyms.ac.uk/research/stories/exhibition-unveils-the-hidden-world-of-living-with-breathlessness>

Do you support a family member or friend with breathlessness? Are you a carer to someone with breathlessness? This resource is full of advice to help you <https://supporting-breathlessness.org.uk/>