

What is COPD?

COPD stands for Chronic Obstructive Pulmonary Disease.

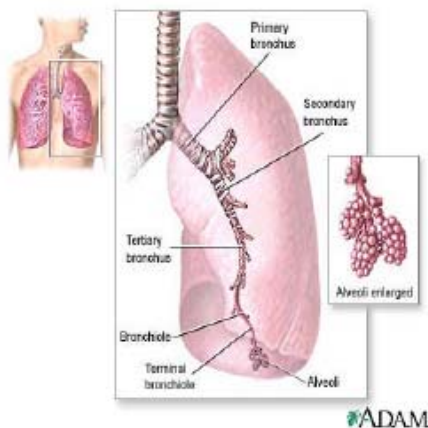
COPD is a long-term disease of the lungs that includes other lung conditions such as Emphysema and Chronic Bronchitis.

Common symptoms may include breathlessness during activities, a regular cough, and production of mucus.

COPD usually occurs as a result of cigarette smoking or long term exposure to environmental irritants such as dust or fumes, but also may occur due to other reasons.

COPD is diagnosed by a special test called a Spirometry or Lung Function Test.

Although there is no cure for COPD, the symptoms of COPD can often be controlled and reduced, with good management.



The COPD Management Program

The COPD Management Program has been designed to advise you and your General Practitioner, of changes that will help improve your quality of life.

The program operates in line with the National COPD program guidelines developed by the Australian Lung Foundation and the Thoracic Society of Australia and New Zealand.¹

Your current lung health, symptoms and management will be assessed and then individual recommendations discussed. These may include:

- Quitting smoking
- Attending Pulmonary Rehabilitation
- Learning to exercise safely and regularly
- Learning breathing control techniques
- Understanding how your medications work
- Protecting yourself against chest infections, and using a COPD Action Plan
- Referral to Thoracic Medicine Physicians or other Health Professionals for specialist advice as needed
- Contacting support organisations such as the Australian Lung Foundation and their local LungNet support group.

¹ David K McKenzie, Michael Abramson, Alan J Crockett, Nicholas Glasgow, Sue Jenkins, Christine McDonald, Richard Wood-Baker, Peter A Frith. The COPD-X Plan: Australian and New Zealand Guidelines for the management of Chronic Obstructive Pulmonary Disease 2007.

What to bring to your appointment

- Your reliever medication (eg. Ventolin, Anginine, Nitrolingual (GTN) spray)
- A current list of your prescribed medications.
- Any recent relevant investigation results or reports.
- Oxygen and accessories if required

Can I bring someone along?

Yes, we encourage you to bring your partner, another close family member or a support person to each session.

Cost?

There are no fees to attend The COPD Management Program.



Other recommended contacts



*"When you can't breathe...
nothing else matters"™*

Toll Free 1800 654 301
www.lungnet.com.au



13 7848
www.quit.org.au

Asthma Foundation of Queensland

Toll Free 1800 645 130
www.asthmaqld.org.au
www.asthmaaustralia.org.au

How to contact the COPD Program

COPD Management Program
Physiotherapy Department Outpatients
Bundaberg Hospital
PO Box 34
Bundaberg Qld 4670

Phone: (07) 4150 2550

Fax: (07) 4150 2579

Monday to Friday
8am to 5pm

The COPD Management Program prefers referrals from General Practitioners or Thoracic Medicine Physicians, but will consider referrals from other Health Professionals.



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Sunshine Coast – Wide Bay Health Service District

Your Lungs and COPD

(Chronic Obstructive
Pulmonary Disease)

Bundaberg Hospital

Feeling short of breath?

Do you²:

- Cough several times most days?
- Bring up phlegm or mucous most days?
- Get out of breath more easily than others your age?
- Are you over 40 years of age?
- Are you a smoker or ex-smoker?

It isn't normal to be short of breath. If you answer YES to 3 or more of these questions, you may have COPD.

COPD affects up to 1 in 6 Australians aged 45 or over.

² Global Initiative for Chronic Obstructive Lung Disease.
www.goldcopd.com