



## April Newsletter

Providing a supportive and informative environment for people with a variety of lung conditions and their carers.

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**Next Meeting**  
**Thursday 11 April 2013**  
**10.15 am – 12 noon**

**The Burns Club**  
**8 Kett St**  
**Kambah ACT 2611**

**Guest Speaker: Martin from Toscan & Dinn Funerals**

### Dates for your diary

|              |  |
|--------------|--|
| Thu 11 April | Lung Life Meeting  |
| Thu 17 April | Education Day, Southern Cross Club                               |
| Thu 9 May    | Lung Life Meeting – talk on Managing Medicines to Minimise falls |
| Thu 13 June  | Lung Life Meeting – talk by Home Help                            |
| July         | mid-winter lunch   |

### March Meeting Report by Chris Moyle and Helen Cotter

The business of the March meeting mainly consisted of reminding us about the RMC Concert in the Vikings Club, Erindale; The Seniors' Expo at Exhibition Centre; and the session with Physio students at the University of Canberra. A busy month.

Our guest speaker was Beth Forbes who provides specialist nursing support for patients with chronic lung disease as part of the Chronic Care Program at the Canberra Hospital. This Program provides services for people with heart failure, chronic lung disease and Parkinsons disease who have had several hospital admissions or visits to the Emergency Department over the past two years.

Beth sees her clients in specialised outpatient clinics or visits them at home if needed to provide education and information about their condition. She will also liaise with their GP and Specialist and other health care providers and help develop an Action Plan for the future.

A Clinical Care Coordinator with the Program can provide similar services as well as arranging support for help with everyday tasks at home, and helping plan for the future, ensuring the client's wishes are known by everybody involved in their care.

The Program's aim is to maintain a coordinated approach to managing client's condition, helping the client to remain as well as possible.

A COPD Working Group has been started up, meeting every second month at the Canberra Hospital, to review the situation in the ACT and see where improvements can be made in COPD chronic care services.

The Chronic Care Program is also beginning to work quite closely with ACT nursing homes, particularly Goodwin Homes. In May there is an education day for staff, nurses, physios, dieticians and other health workers and they would also like a consumer to come and talk about what it is like to live with the condition.

Breathlessness Beth reminded us all to have our flu vaccinations now and pneumovax if required, and she moved on to discuss breathlessness. People may be using oxygen at home and still suffer from breathlessness because they may be hyperventilating or have mucous in their tubes. The body can be getting enough oxygen but the structure of the lungs is not working properly.

It is a concern to have too much oxygen and also to have too much carbon dioxide. High levels of CO<sub>2</sub> can make people drowsy and confused and they may die. Staying on a high level of O<sub>2</sub> for a few hours makes the blood very acidic which affects all the organs.

Pacing yourself is one of the most important skills. People need to stop and rest during exercise so their O<sub>2</sub> levels can come back up. Leaning forward on something like a chair helps overcome breathlessness.

Pursed lip breathing This is another way of helping breathing. Air gets trapped in the air sacs, but pursed lip breathing splits open those air sacs and the air can go out. It also gives the mind something to do when concentrating on the breathing, thus lessening anxiety.

Medications from inhalers come into the lungs and open up the tubes and make it easier to breathe and prevent inflammation. The use of a spacer breaks up the medication into smaller particles and it goes down into the lungs where it should go. Leave soapy water on the spacer after washing. Don't rinse. Soapy water leaves a beneficial coating on the inside of spacer.

If you want more information from Beth, call her on **6244 2273**.

We really appreciated Beth's talk. She gave us a lot of useful information. It was double delight with Esther bringing along her homemade scones with jam and cream, and our guest speaker, Beth, arriving with home-baked cup-cakes.

Thanks to Chris who got our meeting information in the Fridge Door of the Canberra Times.

On 20 March, ten of us enjoyed a morning listening to the RMC Duntroon Band at the Vikings Club, Erindale. We followed it with lunch at the Club, including lovely coffee and sinful cake in the lounge. Don't think the morning was all military music. We heard jazz, light classical, a saxophone solo, singing – mainly from musicals we know – jokes and other bright commentary.

## Police Jokes

- So, you don't know how fast you were going. I guess that means I can write anything I want on the ticket.
- Yeah, we have a quota. Two more tickets and my wife gets a toaster.
- No, we don't have quotas any more. We used to but now we're allowed to write as many tickets as we like.
- Just how big were those beers?

**Transport Solutions for Older Canberrans** from COTA ACT News and Information March 2013  
**We would very much like all members to take part in this survey- especially those who get around by public transport, taxis or community cars. We know it's hard for some to attend Lung Life meetings because of transport difficulties.**

COTA ACT (Council of the Ageing ACT) is currently undertaking research on how to improve older Canberrans' access to transport in the ACT. Canberra is a notoriously car-centred city, and if you can't drive and have limited mobility it can be very difficult to participate in the life of the capital. The mainstream bus system tends to focus on services to commuters between the major hubs, and the community bus system is over-booked and offers a very restricted service.

COTA ACT's research will look at how older people get about in Canberra, the barriers they face, and the kind of changes which might make it easier to participate fully in civic, social and healthy lifestyle activities.

As a first step, we're inviting older Canberrans to provide their views on Canberra's transport system via a short survey. You can access the survey on the internet at <https://www.surveymonkey.com/s/FCGTXTN> .

Or you can email/ring and ask for a copy of the survey form to be sent out to you with a reply-paid envelope. Alternatively, you can pick one up from the COTA ACT office in Hughes (*HelenC has some copies*).

The survey is (hopefully) quite short and simple. It doesn't cover all the issues, but some of these have been dealt with to some extent by the recent research that was done as part of the review of Accessible Transport. When the survey closes (around **19 April** give or take a couple of weeks) COTA hopes to be able to run a couple of focus groups looking at the issues for people in more depth, and then to perhaps bring together some organisations to look at the research and explore what can be done. If you'd like to find out more about or contribute to this research, please email [policy@cotaact.org.au](mailto:policy@cotaact.org.au) or call Jane Thomson on 6282 3777.

Did you know that:

- The ACT Office of the Ageing has just launched an online newsletter to provide ACT seniors with news and information about Canberra's centenary events, social activities, seniors' programs, seminars and volunteering opportunities, among other things. You can view the newsletter (and subscribe if you wish) at <http://www.dhcs.act.gov.au/wac/ageing/e-news>
- COTA has a Housing Options Advisor who can provide information and advice about your housing options in the ACT – including finding aged care accommodation, staying in your own home, ways to access the equity in your home, rental issues, and homelessness. The Housing Advisor also offers information sessions free of charge to your community group. COTA's Housing Advisor, Helen Taylor, can be contacted on 02 6282 3777 or you can email her at [htaylor@cotaact.org.au](mailto:htaylor@cotaact.org.au)

## **Home Heating Association ACT poll breaches ACT poll funding**

*Date March 14, 2013 Canberra Times. Lisa Cox and Noel Towell*

The Australian Home Heating Association face fines from electoral authorities after breaking political funding laws in last year's territory election. The Australian Home Heating Association, fighting restrictions on wood fire heaters, breached the \$60,000 spending cap by \$700.

ACT electoral commissioner Phillip Green told a Legislative Assembly committee on Wednesday that the group could be fined for twice the amount of the breach.

## National Disability Insurance Scheme?

Information taken from: [www.ndis.gov.au](http://www.ndis.gov.au) click on launch, then on launch locations - ACT

*People suffering from chronic lung conditions may be able to participate in this scheme.*

The National Disability Insurance Scheme (NDIS) is a scheme whereby:

- people with disability don't need to bear the costs of their disability on their own, and
- they have the certainty that if they or their loved ones are born with or acquire a disability, they will get the care and support they need.

The scheme will provide greater equity and will not disadvantage those people who are currently receiving disability services.

From July 2013, the ACT government will deliver enhanced services and commence preparations for launch. This means that the first stage of the NDIS in the ACT will commence in July 2014.

The ACT currently provides specialised disability services to more than 1,400 people. According to existing client and population data, up to 5,000 people may be eligible for the NDIS individual support package.

### Who will be eligible for the NDIS Individual Support Package in the ACT?

NDIS individual support packages will be available to those people who:

- have a permanent and significant disability that affects their ability to participate in the community or employment and requires care and support;
- are under the age of 65 years; and
- are an ACT resident.

### Where can I find more information about the launch?

As more detailed information about the launch in the ACT becomes available it will be posted on [Disability ACT](#) or you can contact Disability ACT Information Services:

**General Enquiries:** 133 427; **Disability Information Service:** (02) 6207 1086 **TTY:** (02) 6205 0888; **Email:** [NDIS@act.gov.au](mailto:NDIS@act.gov.au)

Factsheets about the NDIS and specific launch site information are also available under the [Resources section](#) of the disability website. As more detailed information about the launch in the ACT becomes available it will be posted on [Disability ACT](#) or you can contact Disability ACT Information Services:

## Chest clearance by Chris Moyle

Exercises help you to clear your chest of as much sputum as you can. This helps to reduce obstruction in your airways and improves the amount of air getting into your lungs. In the long-term, chest clearance can help to reduce the number, and frequency, of chest infections you may have. It is particularly useful for bronchiectasis.

There are several different techniques that can be used for chest clearance including active cycle of breathing, use of oscillatory positive expiratory pressure devices (e.g. 'Acapella®' and 'Flutter®' machines) and autogenic drainage.

Some people may find one technique works better than another, or is more convenient. It is important that you are shown how to do these exercises / techniques by a respiratory (chest) physiotherapist (physio). He / she will recommend how often you should use these techniques to get the maximum benefit.

**Active cycle of breathing** There are 3 components to this relatively new technique combining:

1. **Breathing control:** relaxed breathing
2. **Deep breathing** ( also called 'Thoracic Expansion Exercises' or TEE): expands your chest
3. **'Huffing'** (also called 'Forced Expiration Technique' or FET): pushes air out of your lungs.

Here is an example of how these breathing exercises can be used together in a cycle for maximum chest clearance. This can be done sitting or lying.

- **The exercises of thoracic expansion** – hold of breath, result in air being transported behind the obstructed areas with better secretion removal.
- **The forced expiratory technique** or huffing cause a great compression, which aims to bring the secretions upwards and to activate the cough reflex.

Further information is on the **Chest Heart & Stroke Scotland website** and You Tube. I find the active cycle breathing productive and easy to do while in a sitting position and will demonstrate the method to anyone who is interested.



## Seniors Day Expo Thursday 21 March

Seniors Day Expo was held at Exhibition Centre this year and worked well. Pam, Maddie, Robyn and Barry set up our table; Judy, Esther and Shirley helped later; HelenC came about lunch time to see how it was going. The table looked good. Many people stopped and talked to our volunteers. We handed out many pamphlets – all good for spreading the word about our group. Many thanks to all who helped – a worthwhile event.



### Buyer Beware: Phone surveys by Chris Moyle

*Chris received a phone call from Australian Aged Care doing a health survey. From the internet site, we see that Australian Aged Care Supplies is a company based in Varsity Lakes on the Gold Coast. They sell a range of products such as massaging beds and reclining chairs. She says:*

A woman phoned saying she was from Australian Aged Care and conducting a survey. Please be aware that Australian Aged Care Supplies health surveys are not connected with a Government department. They are a firm supplying electric adjustable massage beds and other such supplies.

Today the woman from Australian Aged Care Supplies arrived. She was due at 11am and I was told her name was Linda and she was a nurse. Also she'd be wearing an identity badge. I had a phone call at 11.45 to say the 11.30-12 appointment would be delayed to 12-1pm. She arrived at about 12.30-ish, dressed in a nice pink trouser suit - youngish woman, introduced herself as Elanza. She wasn't a nurse, had no medical qualifications, and certainly wasn't wearing any identification.

She asked to sit at the table. I said, "Who are you with?" and she said, "Australian Aged Care Supplies". It was the word "supplies" that they omitted to mention on the phone. Sneaky. She then proceeded to grill me about all the details of all my health problems and when I asked what she might be selling, she said, "Never mind about that. I'll just ask you all about your health problems first."

Next it was into my bedroom and I had to find pillows etc. to build up the bedhead, then lie down on my back - and she got out a vibrating massager (actually this is starting to sound a little risqué...) and showed me what the vibrating mattress would feel like. It was supposed to be very therapeutic and help all my ailments.

About 2 hours later we got to the nitty gritty when she presented a picture of a bed with a price tag of \$7,000. Then she showed me a DVD about the product on her computer; then used my phone to ring "the office". I heard her say, "Yes she can see it's a good idea and I'm just giving her the payment details." "I'm not buying it today," I sang out. She came back to me, wrote out payment methods and then called the office again.

This time I had to speak to the lady in the office and she had an extra good deal for me - one king single bed for only \$3,100, but I said I couldn't possibly buy it today and I could see Elanza wasn't looking so confident or happy. I have instructions to ring back very soon or else the good offer won't last. I wanted a copy of her information about beds, medical conditions it could help and other relevant info but that wasn't allowed. Be aware this firm is around.

## **Report on the 'Living Well with Pain – Consumer Symposium and Forum' held at the Canberra Convention Centre on Sunday 17<sup>th</sup> March 2013.**

By Caroline Scowcroft

**Painaustralia**, in conjunction with many groups in the ACT – most notably the ACT region branch of the Australian Pain Management Association, Pain Support ACT (PSA) and Health Care Consumers' Association (HCCA) of the ACT – hosted and organised a most successful consumer symposium and forum on the day preceding the Australian Pain Society 33<sup>rd</sup> Annual Scientific Meeting.

**In the morning**, the attendees, who numbered in excess of 200, heard outstanding presentations from world leading experts in pain prevention and management, as well as from Australian experts in the field. The presentation will be on the **Painaustralia** website – [www.painaustralia.org.au](http://www.painaustralia.org.au) – where you can also read about the excellent work this fledgling national patient association, formed in 2011, is doing to facilitate implementation of the National Pain Strategy.

The membership organisations of **Painaustralia** span the entire pain community including health care professionals, consumers and other stakeholders. The National Pain Strategy provides recommendations to improve access to effective interdisciplinary pain services for over 3.2 million Australians living with chronic pain. This astonishing number means that one in five Australians, including adolescents and children, live with chronic pain. This figure rises to one in three people

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Disclaimer: The information in this Newsletter comes from a variety of sources and is intended as a guide only.

over the age of 65. Unfortunately, research shows that more than 80 percent do not have access to effective care.

**The afternoon Consumer Forum session** was organised and overall facilitated by HCCA. It consisted of roundtable discussions led by a facilitator, of which I was one, at each table. The tasks for the attendees were to address the questions ‘What is currently working well for you with your pain healthcare?’ and ‘What improvement to services would help with your pain?’ The discussions were animated and informative, and very capably transcribed to butchers’ paper by a scribe at each table, to be collated by **PainAustralia** to further their work in advising governments and healthcare providers of what consumers want and need.

## **The A to Z of Preventative Health Care (C)** by Chris Moyle

**Cancer** One third of all cancers are preventable. Obesity accounts for over 100,000 cancers per year in the US. Knowing which foods to eat and which foods to avoid could save your life. Watch out for and report to your doctor: 1. Unexplained weight loss; 2. Bloating – abdominal pain; 3. Pain (in tumour) after drinking alcohol; 4. Chronic cough – hoarseness; 5. Blood in sputum, urine or faeces; 6. Unexplained lumps; 7. Changes in moles.

**Dr Oz’s Anti-Cancer Diet** Dr Oz recommends eating the following essential foods several times a week:

1. Blueberries – powerful antioxidant – may reduce tumour growth 2. Cruciferous vegetables from the cabbage family eg broccoli, cauliflower, bok choy, kale and brussel sprouts 3. Spinach – rich in B-Complex vitamins which help protect against cell mutations. 4. Tomatoes, especially cooked, are rich in lycopene.

**Check-ups** Have regular check-ups with your GP and specialists.

**Colonoscopy** (best way to detect bowel cancer) – at age 50 and every 10 years after that.

**Contentment** (from “5 Stages of Health” by Dr Ross Walker) Achieving peace, contentment and happiness is an internal, rather than an external, phenomenon.

1. **Control** You are an active participator in life. You should take the responsibility for the only thing you take responsibility for - ie you. It is no-one else’s job to make you happy.
2. **Commitment** Forgive others. Don’t maintain the hurt. Live now and be emotionally up to date.
3. **Challenge** You should see a challenge every day in living life. See each situation as a test. Every interaction you have with any person, no matter how insignificant it may seem to you, is a test of what sort of person you are.
4. **Connectedness** We should try to achieve a sense of belonging to the community and to people as a whole. It means feeling loved, supported and having that connection with other people. This is your job, not theirs.
5. **Capacity** We should develop a capacity to deal with the unexpected, the uninvited and the unimaginable. There are many traumatic events in life, but it’s how you deal with them that’s important. It’s vital you develop the capacity to deal with these issues. Ask for help if necessary.

**COPD** (Chronic Obstructive Pulmonary Disease) is a chronic condition of the lungs where the small airways are damaged, which makes them narrower, making it harder for air to get in and out of the lung. Conditions of COPD include chronic bronchitis and emphysema. Although there is no cure, there are many steps you can take now to reduce the impact of symptoms and increase your quality of life. Learning as much as you can about what you can do to manage COPD will help you feel more in control of your health and your life.

# Invitation

## Lung Foundation Australia

### 2013 Lung Health Education Day

#### Canberra

**Date:** Wednesday 17th April 2013  
**Time:** 9.45am — 2.00pm  
**Venue:** Corinna Room 2  
Canberra Southern Cross Club  
92-96 Corinna Street  
Woden  
**Cost:** \$15 (includes lunch and refreshments)

Lung Foundation Australia  
PO Box 1949  
Milton QLD 4064  
enquiries@lungfoundation.com.au

Please note:  
Room is air conditioned  
and may be cool

To book your place please call  
1800 654 301  
before 10th April 2013

Please alert us to any  
dietary requirements  
at time of booking

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#### Program

- 9.45am** Registration — tea and coffee
- 10:15am** Welcome from Lung Foundation Australia
- 10.30am** **Breathlessness - Its Cause and Management Strategies**  
Dr Grant Willson, Senior Lecturer in Physiotherapy at the University of Canberra and Director of the Sleep and Lifestyle Clinic will present information on the anatomy and physiology that underlie the mechanism of breathlessness in a variety of respiratory conditions. He will also explain practical strategies for the management of breathlessness and link these to the underlying mechanisms.
- 11.15am** **Understanding your Personal Plumbing**  
Fran Morson, Continence Clinical Nurse Consultant from the Canberra Hospital will give an informative presentation on the diagnosis, management and treatment options for incontinence, with a view to improving quality of life.
- 12:00pm** Lunch, Lucky Door Prize and Raffle Prizes
- 1:00pm** **Latest Developments in Lung Disease**  
Dr Mark Hurwitz, Director Respiratory and Sleep Medicine, The Canberra Hospital and Clinical Associate Professor, The Australian National University Medical School will present the latest advances in respiratory medicine and, should time permit, will take questions from the audience.
- 2:00pm** Thank you and Closing



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