



December 2019 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 12 December 2019
10:15 am - 12 noon
Weston Creek Labor Club
Teesdale Close, Stirling ACT 2611

Coffee and cake social get together.

Dates for your diary

Wednesday 4 December 2019	End of year luncheon at the Canberra Irish Club, Weston
Thursday 12 December 2019	CLLSG's coffee and cake social get together, Labor Club, Stirling
Thursday 9 January 2020	CLLSG's first meeting for 2020

November meeting

Helen Cotter

About 22 people turned up for this, the last formal meeting of the year. As our co-ordinator, Lyn Morley, is still recovering from a bout in hospital, Helen Cotter ran the meeting. We talked about what we'd done since the last meeting:

- Fish'n Chips at the Southern Cross Yacht Club (see later for report).
- As the oxygen consumer representative, Helen Cotter attended a meeting of the DORSS Committee (Domiciliary Oxygen and Respiratory Support Scheme). The criteria for the provision of POCs to relevant clients is still being written – should be finished by mid-year 2020.
- Kaye Powell and Helen Cotter were participants in an Australia-wide teleconference run by the Lung Foundation (LFA). Like the DORSS Committee, these occur once every two months – both happen in the same couple of weeks.
- LFA is revamping itself and developing more advisory groups, including one for bronchiectasis, one for orphan lung diseases, one for lung cancer and one for children's lung diseases. The one Kaye and I are on, the COPD Patient Advocate Group (CPAG), is continuing. You may like to join one.

We then talked about the up-coming events:

- World COPD Day on Wednesday 20 November. See later for report.
- Our Christmas lunch on Wednesday 4 December at the Irish Club. See later for details.
- Next meeting: no formal meeting but a coffee morning at the Labor Club Stirling.

Pam Gaston told us about some people she knew with disabled parking tickets who have recently been fined, one for parking over the time limit at Canberra Hospital; one for parking in a loading zone next to her doctor's surgery. Pam wanted us to be mindful of our parking - and of the time limits you find for some disabled parking areas. People were reminded that the hospital staff can over-ride parking restrictions if you are held up at the hospital.

That ended the meeting and it was over to Val Dempsey to talk about St John Ambulance Organisation.

Saving Lives Through First Aid

Guest Speaker - Val Dempsey

Chris Moyle

St John Ambulance was the organisation that first inspired Val, as a young woman, to take up a nursing career. Val spoke about angina and heart attack and the difference between, stroke and the DRSABCD Action Plan.

Angina is the closing off of blood vessels that take oxygen to the heart, resulting in a partial blockage and chest pain. Medication can be taken to open up the arteries.

Heart attack is a serious medical emergency where the supply of blood to the heart is suddenly blocked by a blood clot. Lack of blood to part of the heart can seriously damage the heart muscle and early treatment is vital. Symptoms are severe chest pain which can radiate from the chest to the jaw, neck, arms, shoulders and back. Wait no more than 10 minutes before calling an ambulance on 000. A 300mg aspirin given to the patient will help the clot dissolve.



Val Dempsey, a member of our Lung Life Support Group, and a 41 year member of St John Ambulance, our Guest Speaker.

Stroke is a heart attack in the brain which means poor blood flow to the brain results in cell death.

- **Haemorrhagic stroke** occurs when a blood vessel ruptures because it has weakened. A bleed in the brain is the most common cause of stroke.
- **Ischaemic stroke** occurs due to a lack of blood flow to the brain. A blood clot will jam in the small blood vessels.
- **Transient ischemic attack (TIA)** or mini-stroke occurs when a blood vessel has closed off and then opens up again. It can last from 5 seconds to 3 hours.

Signs of Stroke – FAST

F - FACE	One side of the face is drooping.
A - ARMS	Arm weakness.
S - SPEECH	Speech difficulty.
T - TIME	Time to call 000 for an ambulance.

Confusion is another sign.

Risk Factors for Heart Attack and Stroke include high blood pressure, high cholesterol, being overweight, smoking, poor diet, lack of exercise and drinking large amounts of alcohol.

DRSABCD Action Plan

D - DANGER Ensure the area is safe for yourself, others and the patient.

R - RESPONSE Check for response
– ask name
– squeeze shoulders.
No response – send for help.
Response – make comfortable, check for injuries, monitor response.

S - SEND for help Call Triple Zero (000) for an ambulance or ask another person to call.

A - AIRWAY Open mouth – if foreign material is present place in the recovery position (on side) and clear airway with fingers. Open airway by tilting head with chin lift.

B - BREATHING Check for breathing – look, listen and feel. Not normal breathing – start CPR. Normal breathing – put in recovery position, monitor breathing, manage injuries and treat for shock.

C - CPR (Cardio-Pulmonary Resuscitation) Start CPR – 30 chest compressions : 2 breaths. Continue CPR until help arrives or patient recovers.

D - DEFIBRILLATION Apply defibrillator if available and follow voice prompts.

First aid priorities

Follow DRSABCD, manage bleeding, burns, shock and other injuries.



Kaye volunteered to assist Val with the demonstration. We may not be physically capable of performing CPR but we could instruct someone.

Inogen POC available

We have available an Inogen One G2 POCs model number: 10-200 with accessories. They are very useful machines that help make it easier to get around. We would like to see it pass on to another user.

We ask for a donation to Lung Life.

For further information, contact: Helen on 02 6281 2988 or cotterhe@hotmail.com.

Spring Social Get Together

Helen Reynolds

It was a lovely day. The sun was shining brightly, there was a playful little breeze but not many of our membership turned up to enjoy the perfect conditions. Perhaps that was due to Christmas commitments or some such thing but not to worry, we all had a good feed and very pleasant company.



Barry and Helen engrossed in a serious conversation about something very important.



George enjoying the Canberra sun after his time up north.

Continuing Our Series "Remembering our beginnings": Laurelle and Clive & Ron and Shirley **Chris Moyle**

These two couples were also founding members of our Lung Life Support Group, along with Ray and Esther Fitton, Gordon Forrest and Cecelia Kent.

Clive Ellis and Ron Dillon had emphysema and both had undergone a metamorphosis with lung reduction surgery. They were two of seven members who underwent this surgery at the Canberra Hospital. With his new lease on life Ron was ecstatic that he was once again able to dance with his wife, Shirley. The couple had been enthusiastic ballroom dancers in Goulburn and commenced teaching when Ron joined the Police Force and they moved to Canberra.

Clive had secured our great venue at the Royals Club (now Raiders) at Weston. His wife, Laurelle, took over from Esther as Coordinator in 2005, continuing in the role until 2008. During this time she organised Seniors Expos, now held at the Epic Centre. This is a worthwhile day as quite a few people usually enquire about our Group. Laurelle also facilitated visits to the ANU medical students and the Canberra University physiotherapy students. These visits are much appreciated, as students gain a better understanding of the challenges faced by people with lung conditions. Laurelle also continued organising the Word COPD Day events which Esther had started in 2004.



Ron and Shirley enjoying their mid year luncheon 2006.



Ron Dillon died in 2007 and Clive Ellis passed away in 2011. Shirley Dillon has remained an active member. Laurelle handed over the baton to Caroline and Bill Scowcroft and departed the Group after Clive's death, pursuing other family interests. At a farewell lunch in 2012 we thanked her for her important contribution.

Clive and Laurelle - Mid Year luncheon 2010.



The Editor's Last Words Helen Reynolds

I need to thank Helen Cotter, Chris Moyle, Lyn Brooks and Don Neal my ex-husband and friend for the help, support and encouragement they have given me over the many years that I have been Editor of the Canberra Lung Life Support Group's Newsletter. My appreciation has no bounds.

Geoff Cox is taking up the mantle in the New Year and I wish him all the best. I'm sure he will enjoy the role as much as I have.



Lung Life Christmas Lunch
Wednesday 4 December 2019
Canberra Irish Club
Parkinson Street, Weston ACT 2611
12 noon for 12:30 pm
Cost: \$25.00 for a two course meal.

If you wish to come and haven't put your name on the list contact Pam Harris. If you have put your name down but now find you cannot attend, please contact Pam Harris as your meal will still have to be paid for otherwise.

Contact Pam on email bapjh@live.com or phone 02 6288 2053.

Next Meeting: Thursday 9 January 2020

World COPD Day

Helen Cotter

We had a most successful session on World COPD Day (Wednesday 20 November) at Cooleman Court. Many passers-by stopped to talk and find out about the event, chronic lung conditions and the Canberra Lung Life Support Group itself.

Xia, our Chronic Care Nurse, did a wonderful job providing lung function tests on many people which gave them an idea of how well their lungs are working.

Many Lung Life members helped at the event. Pam, Esther and Marilyn set up the stand and were assisted, or visited, during the day by Nasri, Kaye, George, Joe, Chris and Linda. It really adds something to the day. The photos tell it all. We thank Pam for all her work in organising this event and look forward to holding World COPD Day again at Cooleman Court in 2020.



Xia having a break from testing the lung function of interested parties.



Nasri came along to give his support to the band of ladies who manned the stall.

To all members and friends of the Canberra Lung Life Support Group:

Have a safe and happy Holiday Season and a happy and healthy 2020.