



## July 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 11 July 2019  
10:15 am - 12 noon  
Weston Creek Labor Club  
Teesdale Close  
Stirling ACT 2611

Plans for Anniversary Function to be discussed and finalised.

### Dates for your diary

Thursday 4 July 2019 Christmas in July at the Irish Club 6 Parkinson Street Weston ACT 2611  
Thursday 8 August 2019 CLLSG Meeting 10:15 am Weston Creek Labor Club Stirling ACT 2611

### June Meeting

**Lyn Brooks**

Numbers were down a little with only nineteen members present; however attendance was well worth the effort as we now know everything we need to know regarding hospital etiquette. The meeting was opened with a rousing rendition of Happy Birthday to Shirley, a founding member of the Canberra Lung Life Support Group, who has just celebrated her 90th birthday.

### Discussion and decisions:

- A Christmas in July function was discussed (at length). It was ascertained that the Burns Club would not open their back room on weekdays so it was decided against it as a venue, the main dining room being too noisy.
- The Irish Club was suggested and that was checked out after the meeting.
- It was agreed that Thursday 4 July 2019 was a suitable date.
- The anniversary function for early next year will be discussed at the next (speaker free) meeting which is in July. Among decisions to be made are when, where and format.

# Guest Speaker - Claudia Cresswell, Health Literacy Officer, HCCA (Health Care Consumers' Association)

## Staying Safe in Hospital

Helen Reynolds

Hospitalisation is something we all steer clear of if at all possible but with compromised lungs plus other conditions, it is, unfortunately, inevitable. Some sufferers of lung disease make multiple trips to hospital, often by ambulance, and find it advantageous to have a bag packed containing clothes, toiletries, phone charger, copies of relevant paperwork, medicines, Care Plan, health history and Care Team details.

### Your rights and responsibilities

You have the right to health care that is:

- **Respectful**
- **Responsive**
- **Safe.**

You also have a duty to treat the hospital staff and other patients with respect and provide healthcare staff with information about your health.

### Information: right person, right place, right procedure

Before starting any medical procedure, medical staff will make a final check to confirm:

- Your full name and date of birth
- Any allergies or bad reactions you may have had to any medicines, food or other
- The procedure you are having
- The part of your body where the procedure is being performed (if applicable)
- Your consent form is complete and correct.

You will be asked the same questions a few times. The healthcare team need to be sure they have everything correct and that you know what is happening to you.

### Risks in hospital - Staying Safe

- Identification: Right person, right time, right place
- Infection
- Falls
- Medicines mishaps
- Pressure injuries
- Getting more unwell.
- Your medicines
- Speak up; be involved in your own care
- Give feedback.



Claudia has recently returned to Canberra to join the Health Literacy Project.

## Prevent falling

- Suitable clothing and non-slip footwear.
- Get up slowly.
- Ask for assistance.
- Place call bell within reach.
- Be aware of what's in your room.
- Use your glasses, walking aids and hearing aids.
- Be extra careful in wet areas.

## If you do have a fall

- Don't try to get up by yourself.
- Always call for help from the staff.

## Prevent infection

### WASH your hands:

- Before eating /touching food.
- After going to the toilet.
- After sneezing.
- **ASK** visitors and healthcare staff to wash their hands.
- **AVOID** close contact with sick people.
- **COVER** your mouth and nose when coughing/sneezing.
- **FOLLOW** instructions on how to care for any wounds.



Peter and John are engrossed in Claudia's talk, storing all the information in their memory banks.

## Other ways to prevent infection include:

- Avoid close contact with people who may have a spreadable illness and ask people not to visit if they are sick.
- Always cover your mouth and nose when coughing and sneezing and wash your hands straight after.
- Follow instructions on how to treat and care for any surgical or open wounds.

## Prevent pressure injuries

Alert staff if you have:

- Redness that does not go away.
- Broken or blistered skin.
- Pain in a fixed area of your body such as heels or bottom.
- Tingling or numbness.

Ask for others to check if you can't do it yourself

## Try the following

- Change position in bed every 30 minutes.
- Walk around the room or ward if OK to do so.
- Drink plenty of water and eat healthy food.

- Keep good posture when sitting.
- Check your skin for signs of redness or blistering.
- Moisturise your skin well.

## Your medicines

### Tell staff if you:

- Have had an allergic or bad reaction to any medicines.
- Have trouble swallowing medicines.
- Feel unwell after taking any medicine.
- Think you should have received some medicines, or the medicines appear different.
- Need to leave the hospital to go home.
- Need to change to another care provider.



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## Speak up if you feel unwell



### What to mention:

- Changes in how fast you are **breathing**
- More **pale** or more **pain** than usual
- Hands or feet unusually **cold** or **warm**
- Feeling unusually **hot and clammy**
- Acting or feeling **out of character**
- **Feeling** confused, anxious, distressed or angry
- **Concerns** about **medicines**
- Feeling **dizzy, extra drowsy** or **sleepy**
- Feeling like you are **going to be sick**.

Speak up if you feel unwell. Nobody knows your health like you do.

## Give feedback

Giving feedback to the hospital on your care can change the outcome. Share your story on **Patient Opinion** so we know what we're doing right, and what we can improve.



*we are*  
**listening**  
**& learning**

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*All the Canberra Lung Life Support Group newsletters since December 2009 are available at:*

*<http://www.creationcorporation.com.au/Canberra-Lung-Life-Support-Group-Newsletters.htm>.*

# The Future is Coming: respiratory diagnosis via smart phone

Helen Cotter

You could soon be diagnosing respiratory complaints via a smartphone app. You need to cough into the phone and the app will analyse the sound to recognise the respiratory disease or whether an exacerbation is occurring. It can be used to diagnose such lower tract respiratory diseases such as pneumonia, asthma exacerbations, COPD and COPD exacerbations.

This means that:

- Doctors could consult online or over a phone.
- People could even diagnose themselves and take appropriate action.
- Great for all and especially great for rural and remote areas.

*Doctors without Borders* have been trialling it in the areas where they are working.

The app is not commercial yet but when it is more readily available, it is expected to increase the detection of respiratory diseases and exacerbations at an earlier stage. Worldwide, it is currently estimated that 50-90% of people with COPD remain undiagnosed. COPD exacerbations are also among the leading causes of hospital admissions and re-admissions. Early detection will lead to more effective treatment, reduced health costs and better quality of life.

This app has been developed by ResApp, an Australian company based at the University of Queensland, to commercialise technology that uses sound to diagnose respiratory disease. ResApp is currently seeking to have the app approved by the authorities and to then commercialise it.

Source: [www.resapphealth.com.au](http://www.resapphealth.com.au)

## Midyear Luncheon (Christmas in July)

Lyn Morley



**ATTENTION!**

Our midyear luncheon is being held on Thursday 4th July at the Canberra Irish Club at Weston. It is mobility friendly with no steps etc.

This club is not used to having so many people come for lunch even though there is ample room in the club consequently the kitchen needs to know what we are ordering beforehand. So, could you all please:

- Go to their website [www.irishclub.com.au](http://www.irishclub.com.au).
- Find the menu under Club News and Events.
- Find Molly's Bistro.
- Read More and then Download File.
- Read the extensive menu.
- Select your preferred meal.
- Email Lyn.

I need to know by Saturday 29th June what each person would like to order so that I can notify the club and they can get the supplies in and arrange enough staff at the bistro. You can reply by email or ring me. I prefer email but you can ring me on 02 6291 0626 or 0417 205 613.

If you would like to come and have difficulty accessing the menu (no computer perhaps) please don't hesitate to let me know and I will see what I can do to help.

We are meeting at 12:00 pm. There is going to be a raffle so please bring enough money for your food and drinks as well as the raffle (if you wish to participate).

## How Lung Foundation Australia (LFA) can support you

### Helen Cotter

*LFA has organised a variety of support to help you in managing your life. It can be immensely therapeutic to talk with others who are experiencing the same thing - patients and carers alike. A chronic lung condition can make you feel a range of emotions which can affect your overall wellbeing. Contact with others can help you to navigate through these emotions with others and live the best life available to you.*

### Support groups

LFA supports a network of support groups throughout Australia for patients and carers affected by a lung disease. These groups provide people in similar situations the opportunity to come together to support each other, share practical tips and help break down the sense of isolation that can often be experienced. Our group, Canberra Lung Life Support Group, is the one based in Canberra. Nearby groups are found in Goulburn, Wagga, Pambula, Bowral and Canowindra.

### Lung Cancer Telephone Support Groups

LFA's Telephone Support Groups are free and confidential, facilitated by qualified Lung Foundation Australia staff. The calls are open to lung cancer patients at any stage of their illness. Whilst our staff facilitates the call, they are there to provide support when and if needed – members are encouraged to discuss all topics related to their lung cancer journey freely.

### Peer to Peer Connections

It can make all the difference to connect with someone else who has the same condition – someone who understands what you are going through, especially if you have a rare lung disease where there may be limited opportunities to connect with others. To address this need, LFA offers a peer to peer matching service for people affected by Pulmonary Fibrosis (PF) and for parents of children with rare lung disease. The service matches eligible people to other people in a similar situation, via phone or email.

For more information and to join Peer Connect, contact LFA on 1800 654 301 (free call) or [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

*Images courtesy of bing.com.*

