

## Respiratory

# Community COPD Service (Chronic Obstructive Pulmonary Disease)

**Mission statement: The Community COPD service aspires to deliver safe personalised care of the highest quality to all patients with COPD in Coventry.**

### What is COPD?

COPD affects a person's breathing because of long-term damage to the lungs. In COPD airways have become narrowed (obstructed), and the air sacs have become damaged. Damaged has usually been caused by an irritation such as dust or most commonly, cigarette smoke. In a very small number of cases COPD may be hereditary.

Permanent changes start to take place if the irritation continues and the damage to the lungs becomes permanent. There are a number of treatments available that can help with symptoms, although they will not reverse the damage.

People with COPD may have symptoms including breathlessness, a cough, phlegm or sputum production and some wheeze.

**Chronic**, means the illness is long term.

**Obstruction** means blocked due to the narrowing of the airways preventing the free flow of air.

**Pulmonary** means the breathing system, lungs.

**Disease** refers to an illness.



## Patient Information

### **What we provide?**

Individualised personal approach to your care

Multi-disciplinary team of specialist physicians, nurses, physiotherapists and associate practitioners

Spirometry – all members of the nursing team are ARTP accredited

Self-management plans

Inhaler technique training

Nurse-led clinics

Exacerbation management

Consultant clinics

Home visits for housebound patients

### **What to expect?**

On arrival to the City of Coventry Health Centre, please report to the reception area on the first floor. There is easy access for wheelchair users; if you have a Blue Badge you must register it with security at reception. The car park is only a short walk to the clinic and there are disabled parking bays available

You will be seen by a COPD specialist nurse or respiratory consultant who will take a detailed history from you and examine you. You may be asked to carry out some breathing tests whilst you are in clinic. In order to achieve the best results please note the following;

- No smoking for at least 1 hour prior to your appointment.
- Avoid consuming alcohol for at least 4 hours prior to your appointment.
- Avoid vigorous exercise for at least 30 mins prior to your appointment.
- Do not eat a large meal for at least 2 hours prior to your appointment.
- We recommend wearing loose, comfortable clothing to your appointment.

### **What to bring with you?**

- A list of your medications and all your inhalers.

## Patient Information

### **The team:**

Dr J. Bhat – Clinical lead, Consultant Respiratory Physician

Jodie Storrow – Lead nurse, Community COPD service

Nichola Branch – COPD Clinical Nurse Specialist

Angela O’Sullivan – COPD Clinical nurse specialist

Dymphna Medlock – COPD Clinical nurse specialist

Charandeep Dehele – COPD Clinical nurse specialist

Linda Heritage/Kelly Edwards – Specialist Physiotherapist

Philippa Dyer-Poole – Associate Practitioner

Dawn Farndon/Julie Lall – Medical secretary

### **Community COPD service**

**Monday-Friday 9:00am - 5:00pm**

**City of Coventry Health Centre**

**2 Stoney Stanton Road**

**Coventry**

**CV1 4FS**

**Telephone: 02476 237005**

The trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7623 7005 and we will do our best to meet your needs

The Trust operates a smoke free policy

#### **Document History**

Department: Community COPD

Contact: 024 7623 7005

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