

Sandwell Community Respiratory Service

Information and advice for patients

Community Respiratory Service

Contents

Welcome to the Community Respiratory Service in Sandwell	2
Services we provide	2
Service times and locations	3
Oxygen Assessment Service	3
Pulmonary Rehabilitation	4
Occupational Therapy	5
Dietary support and advice	6
Weatherwise	6
Community Respiratory Service Contact Details	6
Further information	7
Sources used for the information in this leaflet	7
Useful websites	7

Welcome to the Community Respiratory Service in Sandwell

The Community Respiratory Service in Sandwell is a service dedicated to people with breathing problems, due to chronic lung conditions. The service aims to support you, your family and carers by offering access to experienced nurses, physiotherapists, dietitians and occupational therapists who specialize in treating and helping people with respiratory conditions. Our aim is to help you learn to manage your condition and symptoms, keeping you well at home. It is hoped that you will not need to be admitted to hospital, but if you are admitted it may also be possible to be discharged earlier and be supported by the Community Respiratory Service at home.

If you have any problems relating to your lung condition you can contact the Community Respiratory Service for advice, and we will aim to contact you on the same day or at the latest by the end of the next working day.

Please remember to read through your self-care plan for further advice and what actions to take when you are unwell.

Services we provide

Home visits for assessment, treatment and support during an infection.

Oxygen service for assessment, prescription and follow-up for use of oxygen at home.

Pulmonary rehabilitation to improve your breathing and ability to do activities that are important to you and a follow-up 'maintenance programme' for when you have completed this.

Dietary support and advice from a dietitian to help with your nutritional and dietary needs.

A weatherwise educational programme for certain patients who have very frequent chest infections that usually require hospital admission.

Fatigue and breathlessness (FAB) clinic for certain patients who are experiencing fatigue and anxiety associated with their breathlessness.

Chest Clearance for patients who struggle with clearing sputum from their chest – and are prone to recurrent chest infections because of this.

Breathe well clinic and home visits to support you with breathing techniques to help manage symptoms of breathlessness.

Service times and locations

Service	Times	Location
Home Visit Nurse and Physiotherapist	Monday - Friday 8.30am - 6.00pm Saturday & Sunday 8.30am - 4.30pm	Your place of residence in Sandwell
Oxygen Clinic	Monday all day Wednesday all day Friday all day	Lyng Centre 2nd floor
Oxygen Clinic Home Assessment	Tuesdays & Fridays 9am - 4.30pm (For housebound patients only)	Your place of residence in Sandwell
Pulmonary Rehabilitation	Twice a week on different days and times.	Various locations in Sandwell.
Dietetic clinic	2nd & 4th Wednesday of the month 1.30pm - 4:30pm 1st & 3rd Monday of the month 9.30am-12.30pm	Lyng Centre 2nd floor
Home Visit Dietitian	For housebound patients only	Your place of residence in Sandwell
Fatigue, Anxiety and Breathlessness (FAB) Clinic	Thursdays 1am-3pm	Courses run several times a year - Rowley Regis Hospital

Oxygen Assessment Service

Your oxygen levels may be checked by a healthcare professional (physiotherapist, GP or nurse) and if they are low, you may be sent an appointment to attend the oxygen clinic for further assessment. If you are referred to the oxygen clinic, this does not necessarily mean you will be prescribed oxygen. You are referred to our clinic for further assessment to test whether you need oxygen or not.

What happens at the oxygen clinic?

At the clinic you will have a specialist blood test which is needed to assess how much oxygen you have in your blood. From the results of the blood test we will know if you need oxygen.

If it is thought that you need oxygen for when you are walking or exerting yourself, you may be asked to perform an additional walking assessment.

If you already have oxygen at home, we may find that the dose of oxygen you receive needs to be altered or, if your health and oxygen levels have improved so much you may no longer need oxygen.

Once you are on oxygen you will need to be monitored on a regular basis in our clinic. It is very important that you attend your clinic appointments so we can make sure that you are safely receiving the right amount of oxygen. **If you have oxygen at home and do not think you have been reviewed recently, please contact us immediately on 0121 507 2664.**

Whatever the outcome of the clinic, we will ensure you have a personalised treatment plan that you understand. It is also possible that the test results confirm that you do not need oxygen, in which case oxygen will not be prescribed or if you had previously been prescribed oxygen and there is an improvement in your health oxygen will be removed.

It is also possible to be seen at home but these appointments are reserved for those patients who are physically unable to leave the home even with assistance.

Pulmonary Rehabilitation

Pulmonary Rehabilitation (PR) is a treatment programme made up of:

- Exercise classes designed for people with long term lung conditions
- Information about looking after your body and your lungs
- Advice on managing your lung condition
- Techniques to manage breathlessness

PR is designed for people living with a lung condition that makes them breathless. You will have a PR team of healthcare professionals such as physiotherapists, nurses and occupational therapists supporting you.

Who should go to PR?

PR is aimed at people with a lung condition whose ability to be active is affected by breathing difficulties. It can benefit people who have conditions such as;

- Chronic obstructive pulmonary disease (COPD)
- Bronchiectasis
- Pulmonary Fibrosis

How is the programme structured?

A course of PR lasts for 6 weeks, with two sessions of about two hours each week. You will also be within a group of other people. PR courses are held at a variety of locations around Sandwell; Your healthcare professional will aim to make the course as easy for you to get to as possible.

Current PR Locations

- West Bromwich Leisure Centre
- Sandwell aquatics Centre
- Portway lifestyle Centre
- Wednesbury leisure Centre

What happens at the sessions?

The first hour of each session is spent exercising. Although you may not have exercised for some time, please do not worry. The exercises are simple and a member of staff monitors you, and adjusts the exercises to suit you and yet still improves your fitness.

Each exercise is done at your own pace as best as you can.

The second hour is an informal learning and discussion session, where you will also be able to ask any questions you have. Some of the topics covered are:

- Everything you need to know about your lung condition
- How does my medication work?
- How can I clear my chest?
- What about my diet and nutrition?
- How can I manage my low mood and anxiety?
- How can I make day to day life easier?
- What should I do if I have a chest infection?
- The booklet you receive at the start of the programme covers all the talks and goes into more detail so you will be able to refer to it at any time.

Fatigue and Breathlessness Clinic

The clinic helps people with breathlessness with some of the symptoms they may experience because of this.

We aim to provide you with the tools to cope with breathlessness, fatigue, anxiety, and any other issues you identify.

Chest Clearance

Chest Clearance Techniques help to loosen and move excess mucus or sputum into the upper part of the airway so that it can be cleared more easily by coughing. A physiotherapist will go through some exercises to clear the mucus more effectively – the aim of which is to improve your breathing and reduce the risk of developing a chest infection.

Breathe Well services

Breathing problems can be very common in patients who have a respiratory condition. Breathe well aims to teach useful breathing techniques and interventions to help patients manage their breathlessness, improving quality of life and supporting you in your activities of daily living.

Occupational Therapy

What is Occupational Therapy?

Occupational therapy is making adaptations to your environment and lifestyle in order to help you perform the things you need

to in your daily life and be able to live as independently as possible. This could include providing equipment or making small adaptations to reduce the effects of tiredness.

If your breathing condition is affecting your ability to complete your chosen daily tasks then an occupational therapist may be able to help you. At your initial assessment, if occupational therapy

is recommended and you agree to it, then we will arrange for a therapist to come and see you.

Dietary support and advice

Following your initial assessment, it may have been recommended that you see the dietitian and you will be offered an appointment if this is the case.

How can the dietitian help?

The dietitian uses their knowledge of diet and nutrition to help treat and manage your respiratory illness.

Some people who have breathing problems notice that they are not eating as well as maybe they have done in the past and lose weight unintentionally as a result. Someone who is underweight is more likely to get a chest infection and find it harder to breathe because their lung muscles are weaker.

Other people may be overweight or obese and this can mean that extra strain is put on the heart and lungs which cause them to be short of breath, making breathing more difficult.

What happens at the appointment?

The dietitian will see you either in clinic at the Lyng Centre or at your home, depending upon how mobile you are.

Your first appointment will last around 60 minutes and the dietitian will ask you some questions about your medical history, your weight history and your diet. You will then agree together any changes to your diet.

Any review or follow-up appointments you are offered will last around 30 minutes.

Weatherwise

At your initial assessment it may have been recommended that you take part in the weatherwise programme. Weatherwise is a special educational programme for people selected by the team who have very frequent chest infections that usually require a hospital admission.

The programme will help you to recognise the early signs of a chest infection and then follow a care plan to stop the infection from developing further by taking medication that is kept at home.

The weatherwise programme is run during the winter months. A member of the team will give you more information about the programme if it is suitable for you.

Community Respiratory Service Contact Details

You can contact the service

Monday - Friday, 8am - 6pm by telephoning:

0121 507 2664, select options, 3, 4 then 1

Weekends and Bank holidays 8.30am - 4.30pm 07866360145

This is not an emergency service. We aim to see you on the same day you call or by the end of the next working day at the latest. We will always advise you when we will be out to see you. Please refer to your self-care plan for further advice.

Further information

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on X @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

National Institute for Health and Care Excellence (2018) Chronic obstructive pulmonary disease in over 16s: diagnosis and management: guidance (NG115). Available at: <https://www.nice.org.uk/guidance/ng115> (Accessed 25 September 2024).

Useful websites

Age UK

www.ageuk.org.uk

Asthma and Lung UK

www.asthmaandlung.org.uk

Carers UK

www.carersuk.org

Baywater Healthcare

(information for people using oxygen at home)

www.baywater.co.uk

0800 373 580

(Websites accessed 25 September 2024)

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