

COPD Workshop - Self Management Programme

Purpose of the COPD Workshops

COPD workshops will be offered to people with a confirmed diagnosis of COPD whose disease progression could be influenced by a change in lifestyle i.e. smoking cessation, increasing exercise, weight loss etc. They must be sufficiently affected by their disease to want to make changes, however are ambivalent to those changes. Patients should always be offered pulmonary rehabilitation first.

Clinicians will deliver workshops in a motivational interviewing consistent manner aiming to elicit behavioral change, in-turn promoting healthier lifestyle decisions, leading to improved health outcomes and improving self-management skills. The clinician/s will have experience and training in lifestyle coaching and smoking cessation and will set goals at the end of the first workshop. The patient will receive several telephone calls between workshops to review how they are progressing with their goals, address any issues and break-down barriers that may reduce their chances of success.

Workshop Content

Workshop 1:

- An introduction to self-management
- COPD, what is it?
- Managing breathlessness
- Breathing techniques
- Importance of physical activity and exercise
- Self help resources (breathe easy, exercise on prescription, British Lung Foundation)
- Goal setting

Workshop 2:

- Review goals
- Exacerbation management
- Managing set-backs
- Medication
- Local services

Patients will be required to attend both Workshops to complete the programme. Workshop 1 and 2 will be held 5 weeks apart and will last for 3 hours. Patients will receive a weekly telephone call in between Workshops which will be conducted in a Motivational Interviewing consistent manner.

How to Refer

Referrals will be accepted in letter form via RAS or email: shropcom.copdselfmanagementprogramme@nhs.net

Patients' readiness to change will be assessed on receipt of the referral. If the patient is deemed unsuitable for the programme the referrer will be informed in writing.

Contact Shropshire Respiratory Team on 01743 730034 for further information.