

# Camden Chronic Obstructive Pulmonary Disease (COPD) and Home Oxygen Service

Information for patients



## What we do

The team have changed from Community Respiratory Service to Chronic Obstructive Pulmonary Disease (COPD) and Home Oxygen Service in Camden. We help you to manage your respiratory condition as independently as possible.

We can help you with personal goals and self management plans which can include the following:

- Disease education
- Management for exacerbations (flare-ups) – to help you stay at home where possible, rather than having to go into hospital
- Chest clearance to improve the removal of secretions/mucus
- Breathlessness and relaxation management
- Psychological support for anxiety and depression
- Exercise plans
- Medication reviews
- Inhaler technique

- Advice on giving up smoking
- If necessary, referral to other healthcare services such as hospitals (secondary care), dietetics and occupational therapy.

## The team

Our team has different professionals who can provide a wide range of advice and support:

- Respiratory physiotherapists
- Respiratory nurses
- Rehabilitation assistants
- Respiratory consultants
- Psychologists
- Behaviour change specialist

## What to expect after your first assessment

Depending on the findings during your assessment we will plan a care programme tailored to your needs. We will then contact you and arrange to see you again. If expert advice is required we may discuss your assessment with the respiratory consultant at the weekly team meetings.

We will also inform your GP of your progress.

## **Pulmonary Rehabilitation (PR)**

Pulmonary Rehabilitation is an individualised programme run by a physiotherapist and rehab assistant. The programme consists of exercise training, breathing strategies and education on COPD and how to manage your condition.

The programme is designed to decrease symptoms and improve quality of life. At the end of the six weeks, it should have given you the necessary tools to help self- manage yourself and function better in your daily life.

## **Oxygen Service**

We provide assessment and review to patients in Camden who are prescribed oxygen.

This may be in their own home or in an oxygen clinic. Our aim is to make sure that patients are well supported, are educated on the correct use of oxygen and are using it safely.

We work closely with the oxygen provider and with other services involved with the prescription of oxygen.

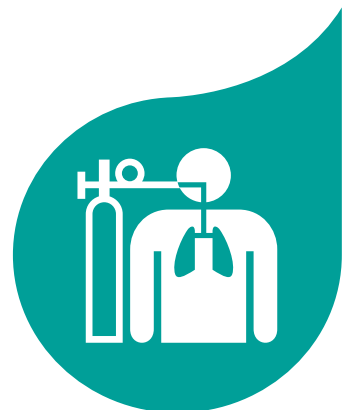
## **Domiciliary pathway**

Our aim is to help people who are diagnosed with COPD and are housebound.

Our team consists of different health care professionals and you will be seen by the most appropriate profession.

We do this by providing initial assessments in your home, to determine your needs. This assessment includes questions about your COPD, medications, past medical history and taking observations e.g. blood pressure/ listening to your chest.

We offer a range of interventions including symptom control, inhalers, breathlessness and sputum clearance. As a team we provide holistic personalised care.



## Smoking Cessation

Quitting smoking is the single best thing you can do for your COPD condition. That's why we have generated smoking cessation support within our service. We have clinics running on weekly basis at St Pancras Hospital and Peckwater Centre. Our Smoking Cessation Specialist can also come and support you at home if you are housebound. Our specialist support includes one-to-one face-to-face smoking cessation sessions and telephone support on a weekly basis for 12 weeks (and more if necessary).

Our sessions aim to explore: past attempts to quit, barriers to quitting, habit change, various support medications (NRT and champix), advise on e-cigarettes and vaping and ways to help you quit for good.

**Remember, it's never too late to quit. You are four times more likely to quit with NHS support than going it alone!**

## Clinics

The aim of this service is to provide specialist input to people with COPD, who have difficulty managing symptoms or where their GP would like some further support with management or where diagnosis remains challenging.

### Locations:

#### **St Pancras Hospital – NW1**

Monday

#### **The Peckwater Centre – NW5**

Tuesday and Thursday

#### **Camden Health Improvement Practice (CHIP) – NW1**

First Friday of the month

## COPD screening

COPD screening is carried out at GP surgeries, to increase early diagnosis of COPD.

We will provide spirometry with the results sent to your GP for interpretation.

## What to do if you are unwell

If your symptoms deteriorate above and beyond the normal day-to-day variation, then this may be an exacerbation (flare up) of your lung condition. Please seek help as soon as possible as getting treatment quickly can prevent a more serious illness.

If you experience any of the following exacerbation symptoms, please contact the us or your GP:

- Increased shortness of breath
- Increased wheezing/tight chest
- Increased cough
- Increased sputum/phlegm volume
- Change in sputum colour from normal

If you have been given a rescue pack by your GP, please use this as you have been advised and let the Health Care Professional or GP you normally liaise with know. If your breathing deteriorates significantly and you feel it is an emergency, please call 999.

## Contact us

Your Respiratory clinician is:

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Work mobile (Monday to Friday, 9am to 5pm) is:

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### **Camden Integrated Adult Services COPD and Home Oxygen Service**

2nd Floor South Wing  
St. Pancras Hospital  
4 St Pancras Way  
London NW1 0PE

Tel: **020 3317 5355**

Fax: **020 3317 3270**

Monday to Friday,  
9am to 5pm



## Out-of-office telephone advice

Tel: **07771 343946**

Monday to Friday,  
8am to 9am and 5pm to 8pm

## How do I get referred?

If you have a Camden GP, you can be referred to the team in the following ways:

- GP
- Practice nurse
- COPD nurse
- Respiratory consultant
- You can also refer yourself by contacting the team directly for Pulmonary Rehabilitation or if you have previously been seen by the Respiratory Service for anything else.

### Tell us, we're listening!

Our staff want to know how they are doing. Tell us what you think at [www.cnwl.nhs.uk/feedback](http://www.cnwl.nhs.uk/feedback) then we'll know what we have to do.

## Useful contacts

### Walk-in Centres

These are staffed by a team of GP's and/or nurse practitioners who provide treatment and advice for adults on a range of minor illnesses and injuries. No appointment is necessary and anyone can attend regardless of where they are registered with a GP.

#### **University College Hospital London, Urgent Care Centre**

235 Euston Road  
London NW1 2BU

Tel: **020 3447 0083.**

Ask the receptionist to connect you to the Urgent Care Centre.

#### **The Royal Free Hospital, Urgent Care Centre**

Pond Street  
London NW3 2QG

Tel: **020 7794 1010.**

Ask the receptionist to connect you to the Urgent Care Centre.

## **NHS 111 Service**

24-hour telephone helpline for information about health problems. Tel: **111**

## **Community Rapid Response Team**

The team provides assessments for people who are at immediate risk of going into hospital. Tel: **07717 858081** (24/7 service)

## **Out-of-hours GP service**

Tel: **020 7388 5800**

## **BREATHE Stop Smoking Service (Camden and Islington)**

Support and advice on giving up smoking – tel: **020 3633 2609** or text **QUIT** to **66777**

Website: **info@**

**breathestopsmoking.org**  
**www.breathestopsmoking.org**

## **Camden Active Health Team**

Information on low cost physical activities across Camden which are designed to improve health and wellbeing.

Tel: **020 7974 4444**

Website: **www.camden.gov.uk/activehealth**

## **British Lung Foundation: Breathe Easy Support Groups**

The British Lung Foundation campaigns for improvements in all areas of lung health. Breathe Easy is the support network of the British Lung Foundation which provides support and information for patients and carers. You can contact them for information about your local Breathe Easy Group. Contact: **Breathesywestminster@talktalk.net**

## **Age UK**

A charitable organisation providing services and support at a national and local level to inspire, enable and support older people. Tel: **020 7837 3777**  
Website: **www.ageuk.org.uk**

## **Camden Adult Social Services**

Provide information, assessment and support on living at home, maintaining independence, help with meals/shopping/housework, equipment you may need and finances. Tel: **020 7974 4000 (option 1)**

Website: **www.camdencarechoices.camden.gov.uk**

This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish