

September 2011
Issue 9

Barwon South West Regional Respiratory Newsletter

To view previous editions of this e-newsletter online go to www.wdhs.net then click on Our Services/BSW Regional Respiratory Project.



Inside this edition:

- Feature Article: pg 2
- News In Brief: pg 3
- Useful Resources: 4
- Upcoming PD events :pg 5
- BSW Regional Respiratory update & PPD 2011: pg 6
- The Alfred Lung Health Promotion Centre 2011 course dates: pg 7

From the Coordinator

Welcome to the Spring edition of the Barwon South West Regional Respiratory newsletter for 2011. Hopefully we are nearing the end of a particularly cold and wet winter and can look forward to some warmer spring weather.

The year has flown and school holidays are once again looming as I complete this newsletter.

By now you should have all received the program and registration details for the **BSW Regional Respiratory Update and PD day on Monday 10th October** to be held at Western District Health Service in Hamilton. We have a full and varied program planned. We are fortunate to have Adrienne James - Manager of Lung Health Promotion Centre at the Alfred facilitating several of the sessions. Hamilton's Manse Medical staff will also be presenting a session on Obstructive Sleep Apnoea (OSA) and Sleep studies. Please see Program and registration attached for more details.

In planning for this day, we have tried to focus on the main areas of interest as indicated in the survey conducted last year. Whilst I am aware 'the area of most interest' was for 'regular regional meetings,' this has not been possible as yet. However, I am sure the update day will allow time for networking and will promote the sharing of ideas.

Adrienne will also be catering for our emotional health with her very popular

"Nurturing your Happiness & Resilience" presentation for Life and Work - based on the new field of Positive Psychology. She has a passion for this area and is committed to helping people take control of their lives and achieve health and wellbeing.

This particular presentation is a "shortened version" of the one Adrienne and Professor Prasuna Reddy (Director of Health Services Research at Flinders & Deakin Universities) usually present together.

This edition also contains remaining professional development days and conference and course dates for 2011.

Regards, Robyn.

Robyn Beaton
BSW Regional Respiratory Coordinator
Western District Health Service
robyn.beaton@wdhs.net
T: 555 18532

Spring
Edition



Respiratory
Health
BSW

State Government
Victoria Department of
Human Services





Respiratory Support Group ‘Breathe Easy Colac’ (BEC) – Colac Area Health

I decided to do a follow up article with Ann Hennessy, Colac Area Health, Rehabilitation Centre Coordinator earlier this year to see how her Pulmonary Rehabilitation Program was travelling after her article in this newsletter last year where she outlined the difficulties experienced with running a Pulmonary Rehabilitation Program.

When I caught up with Ann she was very excited with the turnaround in attendance at the Pulmonary Rehabilitation program at Colac Community Health in the latter part of 2010 and early 2011 which had resulted in the formation of a Respiratory Support Group for the area.

She attributes the increase in attendance and enthusiasm shown by the participants in the program, to the inclusion in the group late last year of some “vibrant personalities” whose interest and positive attitude ignited the group as a whole and in doing so, inspired others to attend the program on a regular basis.

This group enjoyed each other’s company so much and wished to keep in regular contact upon completion of the program and so they decided to form the Colac Respiratory Support group. The group is called Breathe Easy Colac (BEC). **They meet on 2nd Wednesday of each month, from 2.00 - 4.00, at the Colac Neighbourhood House, 23 Miller Street, Colac.**

The support group members

organise their own meetings and guest speakers and only require minimal administrative assistance from Ann.

Breathe Easy Colac has been given a donation of \$800 from Colac City Bowls Club to support their group.

Breathe Easy Colac has been working with a local fitness centre to assist with training a couple of fitness workers through the Australian Lung Foundation’s Lungs in Action Program, to deliver exercises specifically for people with respiratory problems.

Contact details for the Breathe Easy Colac support group: **Pat Dunnill, 52362146.**

Ann reports that the enthusiasm generated from this energetic group has had a positive “flow-on” effect on subsequent Pulmonary Rehabilitation programs at Colac Area Health this year. Participant numbers remain good and the program is running well. They are currently completing their 3rd program for the year and have had to start a waiting list for 2012.

Whilst waiting for their formal 9 week Pulmonary Rehab program to commence, Ann advises that those on the waiting list are invited to attend for exercises only, as a means of retaining their interest and building & maintaining their physical condition. To date this seems to be working well.



Breathe Easy Colac (BEC) support group. Members 2010

Changes to State-wide equipment program (SWEP) Oxygen supply

The State-wide equipment program of Victoria recently sent written notification to all clients receiving "Home Oxygen" through their program, to advise that Air Liquide Healthcare had been nominated as the sole provider for the Domiciliary Oxygen program. BOC and Aeris (Supa Gas) will no longer be supplying oxygen to SWEP clients. SWEP further advised that there will be no interruption to current client services. Upon contacting SWEP myself, I was assured that they wish

to make the transition as seamless as possible and changeovers of oxygen and equipment were planned to take place over the next 4-6 weeks.

Concerned clients were encouraged to contact the Domiciliary Oxygen team on 1300 747 937 for further information.



News
In
Brief

World Chronic Obstructive Pulmonary Disease Day Wednesday 16th November 2011

World COPD Day is organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and Chronic Obstructive Pulmonary Disease (COPD) patient groups throughout the world. It aims to raise awareness about COPD and improve its care throughout the world.

World COPD Day activities are organized in each country by health professionals, educators and

members of the public who want to help reduce the burden of COPD.

Do you have an activity or event planned for this special day in November?

If you have any questions or would like some advice about setting up your event, please call Karen Wright at the ALF direct on 07 3251 3637 (Tuesday, Wednesday or Thursday) or Free call the LungNet Information and Support Centre on 1800 654 301



Wimmera Asthma Camp - 4th, 5th, & 6th November 2011

The Wimmera Asthma Camp is for young children with asthma, especially those who might not otherwise have an opportunity to attend a camp.

Scouts, Doctors and Asthma Camp Committee Members will run it. There will be a doctor available at all times. The camp aims to be educational and lots of fun, including bushwalking, swimming and much more.

The children and leaders will be accommodated in dormitories. The age range for this camp is 6 to 12 years. i.e. primary school aged

children only.

The camp venue is at Tandara Lutheran Camp, Halls Gap.

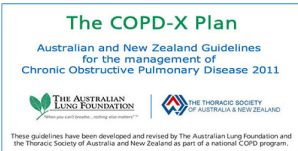
The total cost per camper is \$18, plus \$22 or \$11 (for concession card holders) for an annual subscription fee to the Asthma Foundation of Victoria per family to cover your child/children insurance plus other benefits from the Foundation.

For further information, contact Sue Heron on 0419 947 048 or via email astmahorsham@yahoo.com.





NEW VERSION OF COPD-X PLAN PUBLISHED (The Australian Lung Foundation)



The most recent research on chronic obstructive pulmonary disease (COPD) is now reflected in the newly updated version of The Australian Lung Foundation's document The COPD-X Plan: Australian and New Zealand Guidelines for the management of Chronic Obstructive Pulmonary Disease. Significant changes have been made to COPD-X which is available online on The Australian Lung Foundation's COPD-X website, www.copdx.org.au.

Three important changes to the Guidelines relate to:

1. Medications - The benefits of triple therapy (tiotropium together with a combination of long acting beta agonist and inhaled corticosteroid)
2. Cardiac disease - The guidelines now include new sections on heart failure, statins and cardiac

- surgery and confirm the safety of beta-blockers
3. Treatment of anxiety and depression. Anxiety and depression are also important co-morbid conditions in COPD and the section on psychological and pharmacological therapies has been extensively revised.

Patient Support Groups and pulmonary rehabilitation programs can provide psychosocial support to patients with COPD.

COPD-X recognises the role of Patient Support Groups in providing emotional support to those affected by COPD. Pulmonary rehabilitation programs can also help with the anxiety and depression which patients with COPD often experience.



La Petite e-chamber: BIRDHealthcare

BIRDHealthcare sales representative Tim Boulton advises that the new La Petite e-chamber, 220ml spacer released earlier this year is now available with a flexible end to accommodate all MDI devices. This spacer was due for release on Tuesday 13th September 2011. They also hope to release a silicone mask suitable for use with the La Petite e-chamber later this year

remains at \$5.95 each and the device is washable and reusable in the home environment.

They can be purchased directly from BIRDHealthcare by the box or smaller quantities of 10 or 25 are available on request.

Drug deposition trial results are available on request to support effectiveness of the La Petite e-chamber.

Cost of the La Petite e-chamber

For further information
Contact Tim Boulton at BIRDHealthcare
on (03) 9645 2977 Mobile: 0400 225 575 or via email
tim@birdhealthcare.com



Professional Development Days



AAREA PDD to be held in Nunawading VICTORIA

Date: Monday 24th October 2011
Time: 9am registration for a prompt 9.30am start
Finish at 4pm

Venue Training Room Melbourne East GP Network, Nunawading

Registration forms and program will be available on the AAREA website once all details have been confirmed.

For any further information please contact **Judi Wicking (M,T &T)**
Project Manager|Asthma & Respiratory Educator|**National Asthma Council
Australia**

Tel: 9929 4333 Mob: 0407 562 097
Email: judi.wicking@nationalasthma.org.au



Professional
Development

Respiratory Symposium

HARP (Chronic Respiratory Disease Management) and Respiratory & Sleep
Medicine Department -RMH

Save this date - Details to follow

Date: Friday 25 November 2011

Venue: RMH Function and Convention Centre
(RMH corner of Grattan St & Royal Parade, Parkville Vic)



Program overview: KEY ISSUES IN CHRONIC RESPIRATORY DISEASE
MANAGEMENT

For further information please contact **Deb Ng** (Cardiorespiratory Physiotherapist)
HARP – Melbourne Easy Breathers Tel: 9319 9416 or email: DebbieN@mchs.org.au



Professional Development Days



Respiratory Update & PD Day

Brought to you by BSW Regional Respiratory Project & WDHS HARP

Key Speakers:

Adrienne James – Manager/Asthma Educator, Alfred Lung Health
Promotion Centre
Manse Medical Hamilton – OSA/Sleep studies

Date: Monday October 10th 2011
9.30 am – 4.00 pm
(Registration 9.00 – 9.30 am)

Venue: Education Centre
Western District Health Service

Fee: \$20

Professional
Development

Enquiries to the Education Centre on 03 5551 8343 or Robyn Beaton, BSW Regional Respiratory Project Coordinator / HARP on 03 5551 8532.

Program Overview

9.00am	Registration
9.30 am	Welcome
9.35am	Obstructive Sleep Apnoea/sleep studies - Manse Medical, Hamilton
10.30am	<i>Morning tea</i>
11.00am	Asthma Management Update - <i>Adrienne James</i>
12.00pm	COPD Update including Smoking Cessation - <i>Adrienne James</i>
1.00pm	Lunch/Networking
1.30pm	Nurturing your Happiness & Resilience Workshop - <i>Adrienne James</i>
4.00pm	Close



****Your attendance on this day contributes towards your CPD hours****



Conference and Course Dates

The Alfred Lung Health Promotion Centre remaining Courses for 2011

Visit The Lung Health Website for enrolment details and
EARLY BIRD RATES.

www.lunghealth.org



Course	Dates 2011
Asthma Educator's Course (\$670) EB (\$603) CPD hours 18	9 - 11 November
Presenting & Educating With Confidence (\$245) EB (\$220) CPD hours 7	12 November
Smoking Cessation Facilitators Course (\$560) EB (\$504) CPD hours 13	24 – 25 November
Spirometry Principles & Practice (General \$670 EB - \$603 / Public Hospitals & Universities \$530- EB \$477) CPD hours 13	3 – 4 November
Managing COPD – There IS something you can do! (\$500) EB (\$450) CPD hours 13	1 – 2 December

Courses

Early
Bird
Rates

All course fees are GST inclusive - * Note EB is early bird paid in full one month prior to the course

For further information or to register for a course, please contact the Lung Health Promotion Centre at The Alfred on (03) 9076 2382, email lunghealth@alfred.org.au or visit www.lunghealth.org.