

# Barwon South West Regional Respiratory Newsletter

December 2009  
Issue 4

Welcome to the final edition of the Barwon South West Regional Respiratory newsletter for 2009.

Thank you for your support over the past year and I hope you have found something of interest and benefit in these publications. Remember the aim of this newsletter is to facilitate better communication amongst health professionals working within our region and to promote the sharing of ideas, educational resources and workshops that may benefit us all. If you have a course or workshop you wish to promote, please email me on the address below.

*Swine flu* remains a threat and mass vaccination programs have been on offer around the State. See Dept of Health website for updates.

As the summer and *bushfire season* rapidly approaches we are once again reminded of the dangers and threats that bushfires can pose and we are all encouraged to be familiar with Bushfire preparedness plans for your agencies.

A big *thank-you* must go to Ann Hennessey from Colac for sharing her Pulmonary Rehabilitation Program experiences with us in our last newsletter. Ann reports that she has received several enquiries about her program and, as a result, has formed links with other health services. It is great to see agencies sharing their knowledge and experiences for the benefit of their clients. Thank you Ann.



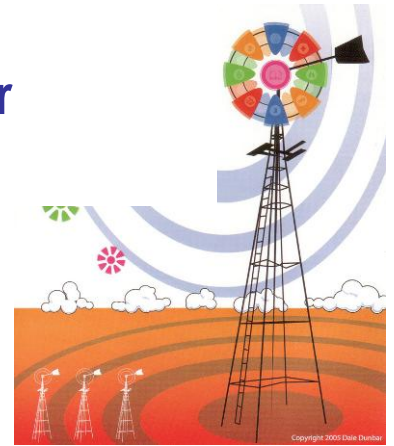
There is an update of the web-based Pulmonary Rehabilitation toolkit which has been widely used as a resource since its inception in 2006 – see further details on page 2.

2010 Courses at the Alfred's *Lung Health Promotion Centre* are listed on page 2.

I would like to wish you all a happy and safe Christmas and New Year. Our first newsletter for 2010 will be in March.

Regards, Robyn.

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## 2010 - The Year of the Lung:

"*The Year of the Lung*" website was launched in Cancun Mexico on 6 December 2009, by the Forum of International Respiratory Societies (FIRS). This group of leading global respiratory experts convened the 40<sup>th</sup> Union World Conference and were united behind a global call for action on lung disease. According to the website, hundreds of millions of people around the world suffer with debilitating lung disease each year – including tuberculosis, asthma, pneumonia, influenza, lung cancer and COPD. **FIRS** claim that these conditions are "treatable and preventable" and argue that "lung health has been publically neglected." They expressed urgency for increased awareness and action on lung health and so declared 2010: *The Year of the Lung*.

*The Australian Lung Foundation* will be supporting events and campaigns throughout 2010 in support of this campaign. For further information visit the website on [www.2010yearofthelung.org](http://www.2010yearofthelung.org)

### View the last edition of this e-newsletter online:

there is now a link to previous editions of the BSWRR newsletter on the WDHS website. To access this simply go to [www.wdhs.net](http://www.wdhs.net) then click on Our Services / BSW Regional Respiratory Project.



## Updates:

### **Update of Pulmonary Rehabilitation Toolkit:**

The web-based Pulmonary Rehabilitation Toolkit has been a widely used as a resource since its inception in 2006 and has received approximately 1,500 visitors per month resulting in 60,000 hits per month.

Jenny Alison, Chairperson for the Pulmonary Rehabilitation Toolkit Committee, advises that the **first update** of the Pulmonary Rehabilitation Toolkit has been completed by the toolkit committee members with the support of The Australian Lung Foundation. Recommended changes have been made and annual updates of the Toolkit are planned to ensure that the information provided on this website remains current.

### **“Smoke Alert” message from Department of Health:**

I have been advised by the Department of Health, Environmental Health Project Officer that on days of significant bushfire activity and “SMOKE ALERT” the D of H may use the BSW Regional Respiratory Project email data base as a secondary method of notification to contact respiratory health professionals in the area of the smoke alert and encourage them to make contact with any of their respiratory clients who may be adversely affected by the smoke.

The first and official method of contact will always be via an email to the CEO, however the D of H has recognised a need for a secondary method of notification.

### **Spacer Information:**

Respiratory educators will be interested in the current newsletter from the *Lung Health Promotion Centre at the Alfred*. It advises that the Centre has developed a list of the main spacers that are currently available for single patient use and multi use. They have arranged for the suppliers to give a special price to respiratory educators when ‘quantities’ are ordered. If you would like a copy of the list please contact [lunghealth@alfred.org.au](mailto:lunghealth@alfred.org.au) or phone (03) 9076 2382

### **Ambulance Victoria Asthma and COPD Guidelines:**

The *Lung Health Promotion Centre at the Alfred’s* latest newsletter “Lung Health Matters,” advises that new guidelines have been implemented. These guidelines address issues of reduced O<sub>2</sub> to COPD patients and the use of MDI’s and spacers in preference to a nebuliser for mild to moderate asthma.

- All training of ambulance officers has been completed.
- *Liteaire* spacers will be used and 4x4x4 emergency asthma first aid protocol is now being used.
- COPD patients are being given less O<sub>2</sub> to target an SPO<sub>2</sub> level of 90% and they too are being given an MDI and spacer initially rather than a nebuliser.
- The ambulance service is also exploring other issues regarding management of respiratory patients and plan to consult the Lung Health Promotion Centre at the Alfred re these.

(Adrienne James, Manager of the centre was agreeable to me forwarding this information to anyone who might not have read the centre’s latest newsletter).



# Conferences and course dates:

## The Alfred Lung Health Promotion Centre Courses for 2010

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

[www.lunghealth.org](http://www.lunghealth.org)



Course	Dates 2010
Asthma Educator's Course (\$650)	3 – 5 March 14 – 16 July 10 - 12 November
Presenting & Educating With Confidence (\$240)	6 March 17 July 13 November
Smoking Cessation Facilitators Course (\$550)	24 – 25 February 9 - 10 June 20 – 21 October
Using Positive Psychology For Life & Work (\$240)	24 June
Paediatric Respiratory Update (\$240)	3 June
Asthma Management Update (\$240)	21 July
Non Invasive Ventilation (NIV) Acute Management (\$240)	4 June
Respiratory Clinical Update (\$240)	29 July
Respiratory Course (\$875)	21 – 23 April / 26 – 27 May 15 – 17 Sept / 27 – 28 Oct
Managing COPD – There IS something you can do! (\$480)	19 – 20 April 26 – 27 August
Spirometry Principles & Practice (General \$660 / Public Hospitals & Universities \$520)	15 - 16 February 24 – 25 May 12 – 13 August 4 – 5 November
Introduction to Spirometry Workshop (1/2 day) (\$120)	23 July

## www.web links

National Asthma Council  
[www.nationalasthma.org.au](http://www.nationalasthma.org.au)

Pharmaceutical Society of Australia  
[www.psa.org.au](http://www.psa.org.au)

Asthma Victoria  
[www.asthma.org.au](http://www.asthma.org.au)

Global Initiative for Asthma  
[www.ginasthma.com](http://www.ginasthma.com)

Lung Health Promotion Centre  
[www.lunghealth.org](http://www.lunghealth.org)

Australian Lung Foundation  
[www.lungnet.org.au](http://www.lungnet.org.au)

Cochrane Library Centre  
[www.nicsl.com.au/cochrane](http://www.nicsl.com.au/cochrane)

Global Initiative for COPD  
[www.goldcopd.com](http://www.goldcopd.com)

Asthma & Resp Found of NZ  
[www.asthmanz.co.nz](http://www.asthmanz.co.nz)

Asthma Research Online  
[www.asthmaresearch.org.au](http://www.asthmaresearch.org.au)

Bird health for e-chambers  
[Birdhealthcare.com](http://Birdhealthcare.com)

## Reminder

Previous newsletters and presentations from the BSW RR Update seminar held in September are still available on the following website  
<http://www.wdhs.net/services/BSW%20Respiratory.html>



## Better Living with Chronic Obstructive Pulmonary Disease

Funded by the Australian Lung Foundation, this new booklet has been developed for people with COPD and their families, carers and health professionals involved in the care of people with COPD.

Cost \$7.50 +p/h

To order, go to the following link:

[www.lungfoundation.com.au](http://www.lungfoundation.com.au)

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