

Digital Resources for COPD

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the <u>Proactive Care Frameworks</u>. This list has been developed for local systems to access guidance and information on validated resources available.

Understanding Chronic Obstructive Pulmonary Disease (COPD)

- What is COPD?
- What is COPD video
- Living with COPD
- How is COPD diagnosed?
- Symptoms of COPD video

Managing COPD

- How is COPD treated?
- How to use your inhaler
- Managing COPD flare-ups
- How to tell when you need a new inhaler video
- What is breathlessness? video
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Peer support

Support and conversations with others living with COPD. (CLICK HERE – then type COPD into search function)



Health and wellbeing resources

Diet:

- NHS Advice on eating well
- Advice and guidance on losing weight
- <u>NHS advice on lowering cholesterol levels</u>

Exercise:

- <u>Getting active around the home</u>
- Dance to health
- <u>Tips to get active</u>

Smoking cessation:

• NHS support for smoking cessation

Alcohol:

Heart UK alcohol guidance & NHS Drink Less guidance

Wellbeing and Mental Health:

• Every Mind Matters