

Respiratory Service (Berkshire West) video transcript

0:00:01.200,0:00:06.240

We are the respiratory service. If you are registered with a GP in West Berkshire,

0:00:06.240,0:00:11.600

Reading or Wokingham and have a diagnosis of chronic obstructive pulmonary disease,

0:00:11.600,0:00:17.520

also known as COPD, we can support and advise you to manage your lung condition and help to

0:00:17.520,0:00:22.400

prevent an admission to hospital. Our team of respiratory nurses and

0:00:22.400,0:00:27.920

physiotherapists offer a full respiratory assessment that includes monitoring your

0:00:27.920,0:00:33.600

oxygen levels, listening to your chest and assessing your breathing and reviewing your

0:00:33.600,0:00:38.880

medications. If you use an inhaler, we can check your inhaler technique, too.

0:00:38.880,0:00:45.280

We give advice and education about your condition, including how to recognise signs of deterioration

0:00:45.280,0:00:50.560

and self-help information, including chest clearance techniques, breathing control to help

0:00:50.560,0:00:57.520

shortness of breath, and lifestyle changes to help keep you well with your lung condition. We may

0:00:57.520,0:01:04.400

refer you to our pulmonary rehabilitation courses to improve your muscle strength and breathing.

0:01:04.400,0:01:10.160

If you have an oxygen prescription, we will review you at 6 months and annually to ensure

0:01:10.160,0:01:16.400

you have the right equipment and are using it correctly and safely. To access our service,

0:01:16.400,0:01:21.680

you must be over 18 and referred by your GP or another health care professional

0:01:21.680,0:01:28.080

following a diagnosis of COPD confirmed by spirometry. Once you are known to our service,

0:01:28.080,0:01:32.320

you can self-refer if you are having a flare up of your lung condition.

0:01:32.320,0:01:37.040

We will contact you by telephone to arrange an initial assessment with you, which will

0:01:37.040,0:01:42.560

either be in your home or at a community clinic.
After your assessment, we will arrange follow-up

0:01:42.560,0:01:49.280

appointments with you to monitor your condition
and make changes to medications if required. You

0:01:49.280,0:01:57.120

can find more information about the respiratory
service and what we offer on our web page.