

## **EBOP Asthma/COPD Support Group** **Newsletter January/February 2010**

I hope everyone had a good start to the New Year and is enjoying the lovely summer weather.

This month's theme is the **COPD Management Plan**. COPD is a condition that does not go away and therefore needs ongoing management. A COPD management plan gives you guidelines to follow when you are well and what to do if your symptoms worsen. An increase in symptoms may be the only early warning sign.

Symptoms do not go away when they are ignored. Severe symptoms may be life threatening and it is therefore important to have a plan to help you identify symptoms and to know what to do if they worsen. It is also important to know what you can do when you are well, only then can you recognize if the symptoms have changed. A COPD management plan is always personalised, as everyone has different symptoms and different medication. It is important that your plan is easily accessible and it can be a good idea to explain it to your partner or carer.

I have included a COPD management Plan in this newsletter. Please bring it to our next support group meeting and we will help you to fill in the plan. Alternatively, you can take it to your respiratory nurse or doctor and they will help you to fill in the plan.

If you already have a COPD management plan, make sure it is updated and fits your current requirements. If your medication has changed, then also your plan may need adjusting.

### **Kawerau Support Group**

Monday, 15<sup>th</sup> February at 10.00 am at the Bert Hamilton Hall, Porritt Drive, bring your COPD Management Plan

### **Opotiki Support Group**

Tuesday, 16<sup>th</sup> February at 10.00 am, 17 Kelly Street, bring your COPD Management Plan

### **Whakatane Support Group**

Wednesday, 17<sup>th</sup> February at 1.00 pm, Disabilities Resource Centre Trust, 141 King Street, bring your COPD Management Plan.

For any queries you can contact me at the Disabilities Resource Centre and we can make an appointment to see you here or at your home.

**Gisela Sonntag**

**COPD Liaison Officer**

**(Phone 07 307 1447 or 0800 227 363)**