Luton Children & Adults Community Health Services

NHS

Community Respiratory Services

Cambridgeshire Community Services NHS Trust: delivering excellence in children and adults' community health services across Luton

We are a team of community respiratory nurse specialists who work closely with your GP and the hospital team. Our service aims to provide holistic care and support for adults with a diagnosed chronic lung disease.

Chronic Disease Management

As part of our role we are here to help you with your lung condition. An appointment can be made at the Luton Treatment Centre or in your own home if you are housebound.

Our service aims to provide a holistic assessment of your needs.

During the visit the nurse will examine you, review your medications including your inhalers and discuss any other concerns you may have. We will provide education and support to help you better manage your condition.

Following the assessment we may suggest changes to your treatment, recommend referrals to secondary care and refer to other services with your consent that may be able to support you and your family.

When a plan of care is agreed and you are stable we will discharge you back to the care of your GP/practice nurse.

We mainly see individuals with the following

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Bronchiectasis
- Interstitial Lung Disease

You may be referred to the Respiratory Service if you are experiencing the following symptoms

- Increased breathlessness
- Worsening in your secretions
- Functional breathlessness
- Anxiety caused by your condition
- Difficulty using your inhalers
- Recurrent exacerbations
- Ongoing support and monitoring as requested by the referring clinician

Pulmonary Rehabililtation

If you have a long term lung condition you could be referred by your consultant,GP, respiratory nurse or practice nurse for pulmonary rehabilitation.

The course is a 7 week programme with twice weekly sessions provided at different locations throughout Luton.

The 2 hour session combines an hour of exercise which is set according to your abilities. The rest of the time is for education and discussion to help you get the best out of life when living with a lung condition.

Benefits:

- Improve your breathlessness
- Improve your exercise tolerance Improve your general health
- Reduce frequency of exacerbations
- Improve your understanding of your condition
- Improve overall quality of life.

Home Oxygen Support

You may have been assessed at the hospital and been prescribed home oxygen.

Our service aims to provide

- A holistic assessment of your needs.
- Monitoring of your condition, including your oxygen levels.
- Education and support regarding oxygen usage.
- Regular review of your medications and inhalers.
- A link between community services and the hospital respiratory team.
- Advice and support when needed and referral to other services if appropriate.

Useful Telephone Numbers:

Your GP Practice:

Urgent but non emergency care ring: 111

- Community Respiratory Team 03334 053159
- British Lung Foundation 0207 688 5555 www.lunguk.org Luton
- Breathe Easy Group 0300 303 0253
- Stop Smoking Service 0800 013 0845
- Social Services 01582 546000
- Age Concern 01582456812

For further information about this service contact:

Community Respiratory Services
Luton Treatment Centre
Vestry Close
Luton LU1 1AR

Tel: 0333 405 3159

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

©Cambridgeshire Community Services NHS Trust
Website: www.cambscommunityservices.nhs.uk

Code No: 0436 - Oct 2018 (v1.4)
Date of Production: Nov 2016
Date of Review: Nov 2019