

Information for nursing staff doing the COPDWW reviews.

A checklist of requirements is attached and below are links to supporting documents. A hard copy of the key documents will also be sent to participating practices. It is advisable that staff have time to become familiar with the documents and follow the recommended guidelines.

- We advocate using the NZ COPD Guidelines, we also recommend that you fill in and provide the action plan (as per attached example, these can be ordered for free <https://www.shop.asthmaandrespiratory.org.nz/shop/COPD-Action-Plan-English-10-Pack-p251371734>)
- Please note some of the documents relate to acute management of COPD so are less relevant to a pre-emptive winter wellness check.
- A useful guide to structure a winter wellness COPD consultation is found on page 9 of The NZ COPD Guidelines Quick Reference Guide: [NZ-COPDGuidelines-Summary-WEB.pdf \(asthmafoundation.org.nz\)](https://asthmafoundation.org.nz/NZ-COPDGuidelines-Summary-WEB.pdf)
- We encourage you to explore the available COPD support resources available from the Asthma and Respiratory Foundation via their website and referenced below. There are some resources that are very helpful in supporting holistic management of these patients and encouraging awareness of the condition and self-management eg energy saving tips for COPD, home exercises for COPD, stress and COPD, what is COPD? Etc
- You are of course welcome to also utilise any other resources you are aware of that are helpful in supporting patients with their COPD management.

If you require any clinical support or advise regarding this programme please feel free to contact the clinical hub team; RN Susan McGiven, Lead Nurse lead.nurse@mahitahihauora.co.nz

Quality outcomes will be reviewed for patients who receive this COPD Winter Wellness check by us looking at the following;

1. Patient experience feedback and receipt of a winter plan
2. ED presentation
3. Hospital admission

COPD resources for practices:

- A useful guide to structure a winter wellness COPD consultation is found on page 9 of The NZ COPD Guidelines Quick Reference Guide:
- [NZ-COPDGuidelines-Summary-WEB.pdf \(asthmafoundation.org.nz\)](https://asthmafoundation.org.nz/NZ-COPDGuidelines-Summary-WEB.pdf)
- Full guidelines for further background can be found here:
- [nz_copd_guidelines_web.pdf \(nzrespiratoryguidelines.co.nz\)](https://nzrespiratoryguidelines.co.nz/nz_copd_guidelines_web.pdf)
- COPD Action Plans are available to download or order free from the Asthma and Respiratory Foundation (various language versions available):
- [COPD Action Plan | Asthma Foundation NZ](#)
- Breathlessness strategies for COPD downloads:
- [Breathlessness Strategies for COPD | Asthma Foundation NZ](#)
- [Breathlessness Quick Reference | Asthma Foundation NZ](#)

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- Additional patient facing advice sheets:
- [COPD Fact Sheets | Asthma Foundation NZ](#)
- There are currently long wait times for group pulmonary rehabilitation in Whangarei and the service is currently on hold in the mid and far North. The physiotherapy department in Whangarei can offer other types of support to patients with COPD. See attached for further information. You may also consider a referral for a Green Prescription and/or providing advice about home exercises:
- [Home-Exercises-for-COPD-fact-sheet.pdf \(asthmafoundation.org.nz\)](#)
- Inhaler identification chart:
- [Inhaler Devices Identification Chart | Asthma Foundation NZ](#)
- Full range of Respiratory Foundation resources:
- [Resources List | Asthma Foundation NZ](#)

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