

Contact us

Respiratory and Home Oxygen Assessment Service

Oxford office: 01865 904 418

Banbury office: 01295 229 501

If you need to go to hospital please try to remember to take all of your medication with you.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسبيق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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Oxford Health
NHS Foundation Trust

Staying healthy with chronic obstructive pulmonary disease (COPD) and other respiratory conditions

Handy hints and tips to enable you to stay as

Respiratory and home oxygen

Please read this leaflet and contact our service if you have any questions or concerns.

Keeping fit and healthy

- Make exercise a regular activity - try to walk every day if possible.
- Take all of your prescribed medication regularly. Speak to your nurse or doctor if you are unsure what to take.
- Have a flu vaccination every year (you should also have a pneumonia vaccination once in your life only).
- Eat well. Try to eat a balanced diet with plenty of fruit and vegetables. If eating makes you breathless try to eat smaller meals, sit at a table to eat and use your oxygen at meal times if you are prescribed it.
- Speak to your GP if you are losing weight unintentionally.
- Make sure you drink enough to keep yourself well-hydrated.
- Try to get a good night's sleep.

Changes in the weather

Hot or dry days

Use fans, drink plenty, keep cool, use your blue inhaler when breathless and avoid areas with lots of dust or fumes (i.e. bus stations).

Cold or damp days

Avoid being outdoors when it is misty and damp. Keep warm - wear a warm coat, a hat,

gloves and scarf when outdoors and keep your house warm.

Exercising to stay healthy

People with breathing difficulties sometimes avoid exercises as they worry about becoming breathless. It is not actually harmful as long as the exercise is introduced gradually and sensibly.

Regular exercise can improve the condition of your lungs and can greatly benefit your wellbeing and enjoyment of life.

Be careful what you breathe

- Stop smoking and avoid smoky places.
- Try to avoid places with lots of exhaust fumes.
- Avoid dust by damp dusting and open windows when dusting or vacuuming.
- Open windows if using strong smelling cleaners and avoid plug-in or spray air fresheners or candles.
- Wear a mask if you are going to do something that creates a lot of dust, for example cleaning out pets' cages, decorating or sanding wood.

Be on the lookout for changes and seek help if you become more unwell. Please also read the *Managing flare-ups of COPD* leaflet.

- Try to avoid people with coughs and colds.

When to seek help:

- if you are deteriorating or your symptoms are severe
- if you cough up any blood
- if you notice new or worsening ankle swelling, especially if it doesn't go down overnight
- if you get any new chest pain
- if you have any new confusion or drowsiness
- if you cannot cope with this episode alone

Ask your GP about pulmonary rehabilitation.