

Patients' online Webinar digital delivery of care for respiratory conditions



Monday 15th March, 6pm-7.10pm
Wednesday 17th March, 2pm-3.10pm
Tuesday 23rd March, 6pm - 7.10pm

Learn more as a patient (or carer or family member) about how you can use a range of digital aids for helping you (or your loved one) to self-care if you have asthma or chronic obstructive pulmonary disease (COPD). Then take more responsibility for your own health and wellbeing - prevent deterioration of your condition and feel empowered to manage it well.

Introduction Helping patients to self-care via digital aids: *Dr Ruth Chambers OBE*, retired GP & *Dr Anil Sonnathi*, GP, Tunstall Primary Care Centre

What's asthma; including an asthma self-management plan? *Claire Stamp*- Practice nurse, Sandy Lane Surgery of Horsefair Group Practice & Project coordinator Virtual Pulmonary Rehabilitation Service pilot

What's COPD? See the Whiteboard video describing this condition

Top tips for managing your asthma or COPD; including COPD self-management plan *Dr Mukesh Singh*, GP Horsefair Group Practice, GP lead for Staffordshire respiratory network & Virtual Pulmonary Rehab Service pilot

How digital aids can help you to manage your condition well:

- Use your inhaler well- *Ben McManus*, Company Director Wavemaker, introduces the video
- Breathing exercises- *Chris Chambers*, retired physiotherapist
- Using a peak flow meter and pulse oximeter to measure your respiratory wellbeing- *Ann Hughes*, digital expert practice nurse
- Apps: some examples relevant to you and your respiratory condition or quitting smoking- *Sophie Ward*, Project support officer, Wavemaker
- Watch a practice nurse demonstrating how you can text your readings from a peak flow meter or pulse oximeter to your GP or practice nurse- *Ann Hughes*
- A video consultation instead of phone or a face-to-face consultation can work well - *Dr Ruth Chambers*
- Accessing reliable kit like a peak flow meter or pulse oximeter - *Ben McManus*
- Q&As

Live panel: Put your questions to Nurse Claire, Nurse Ann and Dr Ruth

To book a place on:

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