

# Humber Coast and Vale Partnership

## Support for patients to stay healthy and live well with a long-term condition

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This **toolkit** provides a directory of useful links and resources to support patients with long-term conditions to stay healthy and live well.

1. Some links provide general information to support staying healthy and living well and others provide more specific information to help you to look after yourself with a long-term condition;
2. Links have been collated from a range of sources, and this resource has been discussed with local clinicians.



## Respiratory Diseases (Asthma and COPD) Patient Education and Self-management resources

Condition / Subject	Title (Produced By)	Links
Asthma	14-19-year olds support for managing asthma	<a href="https://wessexahsn.org.uk/projects/43/owning-my-asthma-14-19-year-olds-enhanced-self-management">https://wessexahsn.org.uk/projects/43/owning-my-asthma-14-19-year-olds-enhanced-self-management</a>
	Asthma action plan	<a href="https://www.asthma.org.uk/globalassets/health-advice/resources/adults/adult-asthma-action-plan.pdf">https://www.asthma.org.uk/globalassets/health-advice/resources/adults/adult-asthma-action-plan.pdf</a>
	Asthma action plan for children	<a href="https://www.asthma.org.uk/globalassets/health-advice/resources/children/child-asthma-action-plan.pdf">https://www.asthma.org.uk/globalassets/health-advice/resources/children/child-asthma-action-plan.pdf</a>
	Asthma and emotional support	<a href="https://www.asthma.org.uk/advice/manage-your-asthma/emotional-support/">https://www.asthma.org.uk/advice/manage-your-asthma/emotional-support/</a>
	Asthma and my child stay well guide	<a href="https://www.asthma.org.uk/globalassets/health-advice/resources/children/asthma-and-my-child-booklet.pdf">https://www.asthma.org.uk/globalassets/health-advice/resources/children/asthma-and-my-child-booklet.pdf</a>
	Asthma and pregnancy	<a href="https://www.asthma.org.uk/advice/manage-your-asthma/pregnancy/">https://www.asthma.org.uk/advice/manage-your-asthma/pregnancy/</a>
	Asthma attack risk checker	<a href="https://www.asthma.org.uk/advice/manage-your-asthma/risk/">https://www.asthma.org.uk/advice/manage-your-asthma/risk/</a>
	Asthma care for children and young people videos	<a href="https://www.healthylondon.org/resource/london-asthma-toolkit/parents-and-carers/film/">https://www.healthylondon.org/resource/london-asthma-toolkit/parents-and-carers/film/</a>



	Asthma inhalers patient decision aid (NICE)	<a href="https://www.nice.org.uk/guidance/ng80/resources/inhalers-for-asthma-patient-decision-aid-user-guide-pdf-6727144574">https://www.nice.org.uk/guidance/ng80/resources/inhalers-for-asthma-patient-decision-aid-user-guide-pdf-6727144574</a>
	Asthma inhaler videos	<a href="https://www.asthma.org.uk/advice/inhaler-videos/">https://www.asthma.org.uk/advice/inhaler-videos/</a>
	Asthma overview (NHS)	<a href="https://www.nhs.uk/conditions/asthma/">https://www.nhs.uk/conditions/asthma/</a>
	Asthma toolkit	<a href="https://www.healthylondon.org/resource/london-asthma-toolkit/parents-and-carers/">https://www.healthylondon.org/resource/london-asthma-toolkit/parents-and-carers/</a>
	Children's fun asthma comic	<a href="https://www.healthylondon.org/wp-content/uploads/2017/10/Asthmanautssingle2.compressed.pdf">https://www.healthylondon.org/wp-content/uploads/2017/10/Asthmanautssingle2.compressed.pdf</a>
	How to manage asthma symptoms if getting worse	<a href="https://www.asthma.org.uk/advice/manage-your-asthma/getting-worse/">https://www.asthma.org.uk/advice/manage-your-asthma/getting-worse/</a>
	Quit smoking to help manage your asthma	<a href="https://www.asthma.org.uk/advice/manage-your-asthma/quit-smoking/">https://www.asthma.org.uk/advice/manage-your-asthma/quit-smoking/</a>
	Support to manage asthma for young people	<a href="https://www.asthma.org.uk/advice/manage-your-asthma/young-people/">https://www.asthma.org.uk/advice/manage-your-asthma/young-people/</a>
<b>Breathlessness</b>	About shortness of breath	<a href="https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/shortness-of-breath">https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/shortness-of-breath</a>
	A guide to living well with breathlessness	<a href="https://breathlessness.hyms.ac.uk/?p=1452">https://breathlessness.hyms.ac.uk/?p=1452</a>



	Breathlessness booklet (British Lung Foundation)	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/BK29_Breathlessness_v2_downloadable_pdf_e8596d3c-47d8-4295-945b-6e90f19787a5.pdf?16068504254750548401">https://cdn.shopify.com/s/files/1/0221/4446/files/BK29_Breathlessness_v2_downloadable_pdf_e8596d3c-47d8-4295-945b-6e90f19787a5.pdf?16068504254750548401</a>
	Managing breathlessness at home during COVID-19	<a href="https://www.kcl.ac.uk/cicelysaunders/resources/khp-gp-breathlessness-resource.pdf">https://www.kcl.ac.uk/cicelysaunders/resources/khp-gp-breathlessness-resource.pdf</a>
	Managing breathlessness videos	<a href="https://www.stchristophers.org.uk/videos/managing-breathlessness/">https://www.stchristophers.org.uk/videos/managing-breathlessness/</a>
	Support for your breathlessness (British Lung Foundation)	<a href="https://www.blf.org.uk/support-for-you/breathlessness">https://www.blf.org.uk/support-for-you/breathlessness</a>
	Support on how to manage breathlessness booklet (British Lung Foundation)	<a href="https://www.blf.org.uk/support-for-you/breathlessness/how-to-manage-breathlessness">https://www.blf.org.uk/support-for-you/breathlessness/how-to-manage-breathlessness</a>
	Supporting someone with breathlessness	<a href="https://supporting-breathlessness.org.uk/">https://supporting-breathlessness.org.uk/</a>
<b>COPD</b>	6 tips for living well with COPD booklet (British Lung Foundation)	<a href="https://www.blf.org.uk/your-stories/6-tips-living-well-copd">https://www.blf.org.uk/your-stories/6-tips-living-well-copd</a>
	COPD overview (NHS)	<a href="https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/">https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/</a>
	COPD patient passport (British Lung Foundation)	<a href="https://passport.blf.org.uk/">https://passport.blf.org.uk/</a>
	COPD self-management pack and exercise handbook (British Lung Foundation)	<a href="https://shop.blf.org.uk/collections/self-management-hcp/products/copd-self-management-pack-hcp">https://shop.blf.org.uk/collections/self-management-hcp/products/copd-self-management-pack-hcp</a>
	COPD self-management plan (British Lung Foundation)	<a href="https://shop.blf.org.uk/collections/self-management-hcp/products/copd-self-management-plan-hcp">https://shop.blf.org.uk/collections/self-management-hcp/products/copd-self-management-plan-hcp</a>



	Know your COPD	<a href="https://www.hse.ie/eng/health/hl/living/copd/know-your-copd-.html">https://www.hse.ie/eng/health/hl/living/copd/know-your-copd-.html</a>
	MyCOPD app information	<a href="https://mymhealth.com/mycopd">https://mymhealth.com/mycopd</a>
	Support with your COPD (British Lung Foundation)	<a href="https://www.blf.org.uk/support-for-you/copd">https://www.blf.org.uk/support-for-you/copd</a>
	Understanding COPD information and patient support resources	<a href="https://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD.aspx">https://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD.aspx</a>
	What is COPD booklet (British Lung Foundation)	<a href="https://www.blf.org.uk/sites/default/files/BK2%20COPD%20v4%20downloadable%20PDF.pdf">https://www.blf.org.uk/sites/default/files/BK2%20COPD%20v4%20downloadable%20PDF.pdf</a>
<b>Living Well</b>	British Lung Foundation social network	<a href="https://healthunlocked.com/blf">https://healthunlocked.com/blf</a>
	Flare-ups action plan (British Lung Foundation)	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/flare-up_plan.pdf?3858084738803025030">https://cdn.shopify.com/s/files/1/0221/4446/files/flare-up_plan.pdf?3858084738803025030</a>
	NHS stop smoking services to support you quit smoking (NHS)	<a href="https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/">https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/</a>
	Recording how you feel (British Lung Foundation)	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/mood_diary.pdf?3858084738803025030">https://cdn.shopify.com/s/files/1/0221/4446/files/mood_diary.pdf?3858084738803025030</a>
	Support in your area (British Lung Foundation)	<a href="https://www.blf.org.uk/support-in-your-area">https://www.blf.org.uk/support-in-your-area</a>
	Support to stop smoking (British Lung Foundation)	<a href="https://www.blf.org.uk/support-for-you/smoking">https://www.blf.org.uk/support-for-you/smoking</a>
	Symptoms diary (British Lung Foundation)	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/Symptoms_diary.pdf?3858084738803025030">https://cdn.shopify.com/s/files/1/0221/4446/files/Symptoms_diary.pdf?3858084738803025030</a>



<b>Pulmonary Rehabilitation and Exercise</b>	Asthma and physiotherapy (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/asthma">https://www.csp.org.uk/conditions/asthma</a>
	Being Active with a respiratory condition (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/system/files/documents/2019-05/0001619_09_loveactivity_being_active_with_respiratory_condition_final.pdf">https://www.csp.org.uk/system/files/documents/2019-05/0001619_09_loveactivity_being_active_with_respiratory_condition_final.pdf</a>
	COPD and physiotherapy (Chartered Society of Physiotherapy)	<a href="https://www.csp.org.uk/conditions/copd">https://www.csp.org.uk/conditions/copd</a>
	Exercise record (British Lung Foundation)	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/exercise_record.pdf?10044858532662309432">https://cdn.shopify.com/s/files/1/0221/4446/files/exercise_record.pdf?10044858532662309432</a>
	Keeping Active (British Lung Foundation)	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/BK27_Keep_active_v2_2017_PDFdownload.pdf?2059332896977331898">https://cdn.shopify.com/s/files/1/0221/4446/files/BK27_Keep_active_v2_2017_PDFdownload.pdf?2059332896977331898</a>
	Pulmonary rehabilitation (British Lung Foundation)	<a href="https://www.blf.org.uk/support-for-you/keep-active/pulmonary-rehabilitation">https://www.blf.org.uk/support-for-you/keep-active/pulmonary-rehabilitation</a>
	Walking record (British Lung Foundation)	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/walking_record.pdf?3858084738803025030">https://cdn.shopify.com/s/files/1/0221/4446/files/walking_record.pdf?3858084738803025030</a>
	Your exercise handbook for people living with a lung condition	<a href="https://cdn.shopify.com/s/files/1/0221/4446/files/Exercise_Handbook_V5_MARCH2020.pdf?v=1586266412&amp;_ga=2.145888436.1051111828.1591369835-152848169.1554201880">https://cdn.shopify.com/s/files/1/0221/4446/files/Exercise_Handbook_V5_MARCH2020.pdf?v=1586266412&amp;_ga=2.145888436.1051111828.1591369835-152848169.1554201880</a>

