



## Newsletter December 2010

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*There will be no January Newsletter.  
Next Newsletter will come out at the end of January/ beginning of February*

### *Christmas Lunch*

**We look forward to seeing you for a 2 course Christmas lunch**

**at**

**The Weston Club**

**1 Liardet St**

**Weston**

**Tuesday 7 December**

**noon**

**cost: \$25**

**Please let Pam or Maddie know before 1 December as they have to make final arrangements:**

**Pam 6288 2053; Maddie 6288 6935**

*You may wish to bring a present for a child – write on the appropriate age group  
and/or*

*a Secret Santa – a present to the value of \$10 or less.*

## **November Meeting** by Helen and Chris

We first dealt with Lung Life business – reminded all of the COPD Walk and the Christmas Lunch; showed our new promotional pens, giving us pens in green and white; and in lime green and white, both types with our name and a phone number on them.....

Ornithologist Geoff Dab returned for another informative talk and slide show about local birds. Records are kept of the location and numbers of bird species. It's a constantly changing scene. Magpies and Currawongs are among our most abundant birds, edging out some of the smaller varieties. Urbanisation has altered the habitat of many species, and others are only passing through on their yearly migration to different locations. The Botanic Gardens is a wonderful place to see and hear various birds, including, one year, the powerful owl. Geoff gave a demonstration of several different bird calls.

Extensive trapping has significantly cut down the number of Indian Minor birds (an introduced species) which are disliked because of their tendency to take over the nesting places of our native birds.

An interesting talk.

*December meeting on Thursday 9 December is an informal coffee affair*

*The next meeting is on Thursday 13 January 2011, 10am to 12 noon as usual.*



For more information, see [www.lungfoundation.com.au](http://www.lungfoundation.com.au)

More information on European *Year of the Lung* activities, see: <http://www.ersnet.org/yearofthelung>

More information on worldwide *Year of the Lung* activities, see: [www.2010yearofthelung.org](http://www.2010yearofthelung.org)

## **End of Year of the Lung**

This year **2010** was the **Year of the Lung**. It aimed to raise awareness about the importance of lung health and its prevention and treatment. Lung disease is a growing health issue in Australia with **2.6 million** cases reported in 2007/2008. It's more common in any year than most common types of cancer, road traffic accidents, heart disease or diabetes. By 2050, this figure is expected to more than double to **4.5 million** Australians.

In the ACT, it is estimated that up to **30 000** people live with lung disease although many may not realise it through misdiagnosis or complacency.

It's hoped that the **Year of the Lung** helped raise awareness and will result in improved prevention and treatment of chronic lung disease. As part of the Year, the Canberra Lung Life Support Group participated in two very successful

world events specifically held for the International Year of the Lung: **Plant a Tree for Lung Cancer Day**, held at Pine Island in August and **Test Your Lungs Day (or World Spirometry Day)** held in Woden Plaza in October. Both events may become annual events after their success.

## World COPD Day Walk

We were lucky to have a beautiful morning for the event at Acton on the edge of the Lake. It was a quieter event than last year. We do know there is some sickness around in the Lung Support Group which reduced their numbers. Twenty four people walked, including members of the Canberra Lung Life Support Group, some with their family. Other walkers came from the Chronic Care Team at Canberra Hospital, the ANU Centre for Health Stewardship, the Pharmacy Guild, Tuggeranong Community Council as well as Michael Reid from Pegasus, Noreen and Des Bird, and Peter Foy on his bike.

Collectively we walked 92kms. Many thanks to all those who participated – you helped the weather make it a very pleasant event.



*Here we are, ready to start*



*Esther, daughter, grandchildren and Teddy, all in their green t shirts*



*Noreen, Laurelle and Darryl*



*Caroline and Millie, resting*



*Peter does his bit*



*Ray, Esther and Noel*

## **Patient Centred Care**

### **What is Patient Centred Care?**

**Patient-centred care** is health care that is respectful of, and responsive to, the preferences, needs and values of patients and consumers. The widely accepted dimensions of patient centred care are

respect,	continuity and transition,
emotional support,	care coordination,
physical comfort,	involvement of family and carers, and
information and communication,	access to care.

Surveys measuring patients' experience of health care are typically based on these domains. (From executive summary of **Patient-Centred Care: Improving Quality and safety by Focusing Care on patients and Consumers – Discussion Paper** by Karen Luxford. *It is available on the website:*

[www.safetyandquality.gov.au](http://www.safetyandquality.gov.au) .

***Karen Luxford spoke recently at the AGM of Healthcare Consumers Association (HCCA) on the topic of patient centred care. The discussion paper on patient centred care that Karen recently wrote pulled together evidence of work in the field, both nationally and internationally. Karen is currently Director, Patient-Based Care, Clinical Excellence Commission in NSW to promote patient centred care and its role in improving patient safety and health service quality.***

So far, quality improvement in health care has looked at teamwork, systems and processes and measurement – but where is the client focus?

There is strong evidence between patient centred care and positive outcomes:

- decreased mortality;
- decreased rates of hospital acquired infections;
- decreased surgical complications;
- higher quality clinical care;
- improved patient functional states;
- fewer symptoms in cardiovascular aftercare.

Increased patient satisfaction results in increased employee satisfaction and higher retention rates.

There are also operational benefits:

- decreased malpractice claims
- reduced operating costs
- increased market share

What needs to be put into place to change to a patient centred care system? Successful ventures show that strong leadership is vital as well as:

- strategic vision
- patient and families' inclusion
- staff satisfaction
- measurement and feedback

- resourcing of changes
- capacity building – ie creating a system to encourage change.

We look forward to seeing further changes in the health system towards patient centred care

## From ASH newsletter

The TCH campus is supposed to be smoke-free. However, the policing and enforcement of this policy appears non-existent. Several members of the committee have experienced the effects of sidestream smoke at the hospital but security officers are nowhere to be seen and the smokers ignore the signs even when spoken to. Canberra ASH is campaigning to rectify the situation. Letters to the Canberra Times have not been published but we have lobbied the minister & chief health officer. We will continue this fight.

A PhD student from New Zealand presented a paper in Sydney recently showing how plain packaging of cigarettes would greatly affect the tobacco industry. There is evidence (as if anyone did not already know) that colourful, glamorous packaging is more appealing to children and increases the likelihood of them starting smoking. The government must remain strong on the proposed legislation and hopefully all parties will support this important public health initiative.

## Michael Reid

Many of you know Michael Reid, who joined us for the World COPD Day Walk, from when he worked at Air Liquide. Michael has now opened his own business as supplier of healthcare aids. This includes purchase or hire of medical equipment, mobility aids and healthcare supplies, items such as beds, walking frames, bathroom aids, seating cushions and pillows, and equipment to use with oxygen. He doesn't always have them on hand but will suss them out for you.

Michael's business, **Pegasus Health Care Canberra**, is at 2/64 Dundas Court, Phillip 2606. You can contact him by phone: 6282 0533 or by email: [info@pegasus.com.au](mailto:info@pegasus.com.au) or check out the website: [www.pegasuscanberra.com.au](http://www.pegasuscanberra.com.au) . We wish him all the best.

## **Ready & Able – Keep your brain active** by Chris

The letters in LOVELY VERSE can be arranged to spell two words that form a common phrase with the word AND in between them, like TOM and JERRY or BACON and EGG.

Are you READY and ABLE to find them?

.....and.....

Here's another one.

The letters in PERT APPLES can be arranged to spell two words that form a common phrase with the word AND in between them. Are you READY and ABLE to find them?

.....and.....

Answers in next newsletter.

## **Snippets**

### **christmas shopping**

Want to shop locally and support our community? Try the creative portal for artists and crafts people living within 100kms of Canberra [www.canberrahandmade.com](http://www.canberrahandmade.com)

### **Mowing**

Want some mowing and gardening services through referral? Try John's Mowing Service on 0408 117 433. Contact Pam for more information ph: 6288 2053

## **Dates for your diary**

**Tuesday 7 December**    Christmas Lunch

**Thursday 9 December**    informal coffee morning

### **2011**

**Thursday 13 January**    first meeting of the year for the Canberra Lung Life Support Group

**Wednesday 5 April**    practical session with Physio students at University of Canberra

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