



## September 2013 Newsletter

Providing a supportive and informative environment for people with a variety of lung conditions and their carers.

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**Next Meeting** Thursday 12 September 2013  
10.15 am – 12 noon  
Burns Club, 8 Kett Street, Kambah

**Speaker:** Eleonor Pritchard, from Medicare Local, will speak to us in regard to e-Health

### Dates for your diary

Thursday 10 October 2013 Canberra Lung Life Support Group Meeting  
Wednesday 20 November 2013 World COPD Day

### August Meeting Report

#### Guest Speakers: Jill Pearce (Palliative Care), Joy Cocker and Christie Thompson (Advanced Care)

Volunteers with Palliative Care ACT support terminally ill people with a life limiting illness that is not responsive to curative treatment. Support is provided in a sensitive way taking into account individual and family uniqueness, cultural and spiritual beliefs, traditions and lifestyle patterns. It:

- affirms life and regards dying as a normal process
- neither hastens nor postpones death
- provides relief from pain and other distressing symptoms
- integrates the psychological, emotional and spiritual aspects of patient care
- offers a support system to help patients live as actively as possible until death
- offers a support system to help family and friends cope during the patient's illness and their bereavement.

Care and support is available to people irrespective of disease, eg end stage organ failure, respiratory, cardiac, renal, liver disease, neurological disease such as Motor Neurone Disease, HIV/AIDS and end stage dementia. Clare Holland House, a 19 bed ward of Calvary Health Care, also provides people with the opportunity to get their symptoms under control or to manage their pain before returning home.

Palliative care is also provided in the home by GPs, Home Help, Meals on Wheels and visits from physiotherapists and pastoral carers etc. People need to ask their GP or hospital for palliative care, which can begin early in the illness. Palliative care at home is free, as is a stay at Clare Holland House.

### Advanced care planning

You have the right to make decisions about your health care, now and for the future. Medical treatment should only be given with your fully informed consent and you have the right to refuse treatment. If, in the future, you become unable to express your choices for treatment, your doctors and family/friends may not know what you would want. An Advance Care Plan gives you the opportunity to record, **ahead of time**, your choices. An Advance Care Plan **only** comes into effect if you lose legal capacity to make decisions about your medical treatment.

The three steps to record your choices in an Advance Care Plan are:

1. Appointing an [enduring power of attorney](#) (EPA)
2. Documenting your wishes in the Statement of Choices
3. Completing a Health Directive under the Medical Treatment (Health Directions) Act 2006.

The EPA and Health Directive are legal documents, which comply with the Medical Treatment (Health Directions) Act 2006.

It is important to firstly read *Respecting Patient Choices* promoting advance care planning. Information is available from Joy at The Canberra Hospital (6244 3344) or online at [www.pallcareact.org.au](http://www.pallcareact.org.au) If required, Joy can also assist you in completing your Advance Care Plan.

### **Foreign coin**

I am interested to know who placed an English 1957 shilling (size of a 10 cent piece) in the bus at last meeting. It's almost an antique.

## **The Bottle Of Wine**

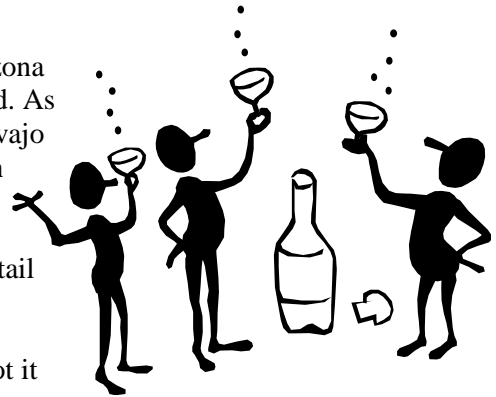
For all of us who are married, were married, wish we were married or wish we weren't married, this is something to smile about the next time you see a bottle of wine:

Sally was driving home from one of her business trips in Northern Arizona when she saw an elderly Navajo woman walking on the side of the road. As the trip was a long and quiet one, she stopped the car and asked the Navajo woman if she would like a ride. With a silent nod of thanks, the woman got into the car. Resuming the journey, Sally tried in vain to make a bit of small talk with the Navajo woman. The old woman just sat silently, looking intently at everything she saw, studying every little detail until she noticed a brown bag on the seat next to Sally.

"What in bag?" asked the old woman.

Sally looked down at the brown bag and said, "It's a bottle of wine. I got it for my husband."

The Navajo woman was silent for another moment or two. Then speaking with the quiet wisdom of an elder, she said: "Good trade."



From July 2013 motorists in Canberra can choose between different companies for compulsory third party (CTP) insurance. There has been only one CTP provider in the ACT since 1979, but ACT Treasurer, Andrew Barr, has announced from July GIO, AAMI and APIA will all be providing CTP. Mr Barr said this is great news for motorists.

## **The A-Z of Preventative Health Care (E)**

**Enamel** (teeth) To protect your enamel use only a soft bristled toothbrush, as recommended by dentists. Also allow half an hour to 1 hour after consuming acidic food/drinks (including herbal teas) before brushing teeth.

### **Energy conservation**

By learning to conserve energy with everyday tasks, you will be able to perform many activities with less effort and less shortness of breath. It is important to coordinate your breathing with all activities eg when standing up breathe in before you move. Breathe out as you rise from your seat.

**Eyesight** Protect your eyes with good quality sunglasses. Have your eyes checked every 1 – 2 years. The back of the eye needs to be examined and a tonometry test performed to test for raised eye pressure and glaucoma. A pressure over 21 is not good. (Dr Oz)

## Computers for Seniors

### COTA ACT NEWS

Connect IT at Work Ventures is a non-profit computer refurbisher. They sell refurbished computers and laptops to people receiving Centrelink or Dept of Veterans Affairs benefits or to those holding a Centrelink Low Income Health Care Card as well as not-for-profit organisations.

All systems include:

- \* Microsoft Windows 7, Office and anti-virus software
- \* 6 months warranty and free hotline support for the life of the computer
- \* a laptop bag
- \* delivery

Order on line at [www.workventures.com.au/connect](http://www.workventures.com.au/connect) or call on 1800112205 Monday to Friday 9.00am to 5.00pm

### World COPD Day 20 November 2013

Helen R

Plans for this year's event are still in the pipeline. Rumour has it there will be two parts to the day: firstly testing (possibly held in Civic somewhere) and secondly, the walk (with a different venue) and a social lunch. At the September Meeting we hope to have more definite plans to present and discuss.



**Spring is just around the corner and it's time to think about our Spring Outing to the Botanic Gardens along with our tour on Flora Explorer and lunch at Hudsons. More details, eg cost will be discussed at September's Meeting.**

**The tentative date is Thursday 24 October 2013. Numbers will be taken at the September Meeting and final numbers at the October Meeting.**

### eHealth.gov.au

Helen Reynolds

A personally controlled eHealth record is a secure online summary of your health information. You control what goes into it, and who is allowed to access it. Your eHealth record allows you and your doctors, hospitals and other healthcare providers to view and share your health information to provide you with the best possible care. An eHealth record gives you more control over your health information than ever before, placing you at the centre of Australia's health system.

#### What is an eHealth record?

Every time you visit a healthcare professional, or a hospital or other medical facility, important information about your health is created and stored at that location. Currently it is hard to access and share this information with the health professionals involved with your care. An eHealth record is an electronic record that contains a summary of your health information. You can add information to it and you can allow healthcare professionals to view this information and to add new information.

Discover how an eHealth record is created, what it contains, how you can use one and how it is kept safe. Go to [www.publiclearning.ehealth.gov.au](http://www.publiclearning.ehealth.gov.au) and if you want to know more! Visit the [eHealth record Learning Centre](#), look at our [frequently asked questions](#), or find out about [privacy and security](#).

**Come to the next meeting, learn more about eHealth and have your questions ready.**

**HCCA Consumer Representative Training: Introduction to Consumer Perspective, Navigating the Health System, Introduction to Consumer Participation, Effective Consumer Representation, Patient Safety Issues - Friday 13 and Friday 20 September 10.00 am – 3.00 pm** Morning tea and lunch will be provided. **To register Tel: 62307800 or email: [adminofficer@hcca.org.au](mailto:adminofficer@hcca.org.au)**  
**HCCA Meeting Room Sports House 100 Maitland Street, Hackett ACT 2602**

## COPD Patient Stories Project

Helen Reynolds - Patient Advocate - The COPD National Patient Taskforce

The COPD National Patient Taskforce, one of the committees of Lung Foundation Australia, is undertaking research to write a book about the myriad of stories that patients of COPD can tell about their journey with the condition. As well the editor is keen to hear the stories of the carers of COPD patients.

By participating in this exciting project you can further expand the public awareness and knowledge of these serious debilitating conditions. You can help those people who have recently been diagnosed understand not only the impact of these conditions on their and their families' lives, but more importantly, show them how COPD can be managed through the range of treatment, rehabilitation and support services that are available in the community.

If you would like some guidelines to help you to start telling your story please contact me on Helen Reynolds on 62597737 or email [helenrey@creationcorporation.com.au](mailto:helenrey@creationcorporation.com.au)

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PO Box 1949  
MILTON QLD 4064 or  
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### **COPD, Antibiotics, Colds and Flu NPS Medicinewise From *LungNet News* Aug. 2013**

People with chronic lung disease have different needs from the general public. Their risk of becoming seriously ill from a simple cold, flu or other respiratory tract infection is much higher than the risk for people who don't have a chronic lung disease such as COPD.

Research has shown that when people with chronic lung disease are treated with antibiotics at the very first signs of respiratory tract infection they are much less likely to be admitted to hospital. By taking the antibiotics:

- \* at the right time,
  - \* for as long as directed by your doctor,
- those with a chronic lung disease can prevent a simple viral infection triggering a much more serious bacterial infection.

Research has also shown that when people with chronic lung disease are treated with antibiotics at the very first signs of respiratory tract infection – being more breathless than usual, producing more sputum, and producing purulent sputum (off-colour) – they are much less likely to be admitted to hospital.

It is appropriate for people with COPD to be prescribed antibiotics and they shouldn't feel hesitant about taking them. In fact, the Australian Therapeutic Guidelines – a guide for doctors about how to best treat different illnesses – specifically identifies the need for the early use of antibiotics to treat respiratory tract infections in people with COPD.

Prevention is better than cure, so influenza and pneumococcal vaccinations are vitally important for people with chronic lung problems. Vaccinations will help you avoid infections and associated antibiotics.

### **Simple ways to stop infection**

- Stay at home if you are unwell.
- Advise relatives and friends not to visit when you have a cold.
- Also, advise relatives and friends not to visit you if they have a cold.
- Cover your mouth and nose with a tissue when coughing or sneezing then place it in the bin.
- Wash your hands with soap and running water,
- particularly after coughing, sneezing or blowing your nose and before preparing food or eating.
- Keep your hands away from eyes, nose and mouth.
- Don't share crockery or cutlery.
- Keep household surfaces clean.

In a Veterinarian's waiting room;  
"Be back in 5 minutes. Sit! Stay!"

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### **Are you receiving a copy of *LungNet News*, official Newsletter of Lung Foundation Australia?**

If you answered No! and you would like to receive a free copy so you can keep up to date with the work done by Lung Foundation Australia, then:

- ring Toll Free 1800654301 or
- go online at [www.lungfoundation.com.au](http://www.lungfoundation.com.au)