

# Introductory Module



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# Welcome from the Lung Foundation CEO

## CEO's Welcome to C.O.P.E. COPD. Online. Patient. Education.

Welcome to Lung Foundation Australia's C.O.P.E. - COPD. Online. Patient. Education program. This free-to-access web-based resource was developed in partnership with the BUPA Health Foundation and in consultation with expert clinicians and patients, carers and consumers.

The purpose of the C.O.P.E. program is to enable patients who do not have access to a pulmonary rehabilitation program to be able to undertake the educational component of pulmonary rehabilitation from their comfort of their own homes.

Pulmonary rehabilitation is a program that usually consists of 6-8 weeks of exercise and education. These exercise and education sessions are based on the best evidence and designed especially for people with chronic lung conditions to better manage symptoms and stay well and out of hospital. Access to pulmonary rehabilitation is limited with fewer than 10% of patients undertaking this life-changing program.

The C.O.P.E. program has been designed for people living with a lung disease, specifically COPD. It would ideally be used in conjunction with an exercise program supervised by a suitably qualified exercise professional. The content has been based on the "Better Living with COPD - a Patient Guide" which was developed in partnership with Lung Foundation Australia and Queensland Health.

We sought input from a diverse range of potential users during the development of this site and this has resulted in an easy-to-use, interactive and informative program. You will be able to download and print important resources, watch videos and be linked to further information on topics that may be of specific interest to you. As you continue through this introductory module you will learn more about Lung Foundation Australia, our COPD National Program and how to navigate your way around this website and the learning modules.

We welcome any feedback to help us identify whether you found the resource useful or ideas on how to make it better. Please provide this feedback by completing the survey at the end of each of the five modules or if you prefer, via email, to [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au).

Ongoing funding for initiatives such as this, require Lung Foundation Australia to demonstrate that the education has an impact. Please help us to show the benefit of this training by completing the short before and after questionnaires.

I am proud to present the C.O.P.E. program and I hope you find it informative and engaging.

Sincerely,



Heather Allan

Chief Executive Officer,

Lung Foundation Australia





# C.O.P.E. Acknowledgements

C.O.P.E. – COPD. Online. Patient. Education program content is based on the “Better Living with COPD – A Patient’s Guide” that was developed by Lung Foundation Australia and Queensland Health. Additional educational resources, images and videos were drawn from the Lung Foundation’s comprehensive suite of patient and health professional educational resources developed within the COPD National Program and other Lung Foundation projects.

The partnership with BUPA Health Foundation has enabled this content to be converted to an online training platform that delivers the educational component of pulmonary rehabilitation so that you can participate from the comfort of your home. Lung Foundation Australia also recognises the generous input from volunteer clinicians, patients and carers who contributed to the development of C.O.P.E.

## C.O.P.E. Clinical Working Group

- Ms Coralie Brannelly – Respiratory Clinical Nurse Consultant – Royal Darwin Hospital
- Ms Corinne French – Senior Clinical Physiotherapist – Gold Coast Hospital and Health Service
- Dr Helen Cameron-Tucker – Senior Physiotherapist and Cardiopulmonary Coordinator – Royal Hobart Hospital
- Ms Kay Farquharson – Project Consultant, Nursing and Midwifery – Northern Territory Health Department
- Ms Lyn Joseph – Clinical Nurse Specialist, Respiratory – Royal Hobart Hospital
- Ms Mary Roberts – Clinical Nurse Consultant, Respiratory Ambulatory Care – Westmead Hospital
- Dr Meredith King – Chronic Cardiorespiratory Physiotherapist – Prince of Wales Hospital
- Ms Pauline Hughes – Nurse Practitioner – Complex Chronic Disease Team, Queensland Health
- Dr Zoe McKeough – Senior Lecturer, Discipline of Physiotherapy, Faculty of Health Sciences – The University of Sydney

## C.O.P.E. Clinical Advisory Group

- Ms Helen Searle – Assistant Director of Physiotherapy Thoracic Program – Metro North Health Service District, Brisbane, QLD
- Mr James Walsh – Physiotherapist, Advanced Clinician – Clinical Specialist – The Prince Charles Hospital
- Prof Peter Frith – Professor in Respiratory Medicine – Flinders University of South Australia
- Dr Sandra Mendel – Director of Education – Australian College of Rural and Remote Medicine

## C.O.P.E. Patient/Carer Working Group

- Ms Anne Baigent, Western Australia
  - Ms Annie Buckley, Northern Territory
  - Mr Ross Lloyd, Queensland
  - Mr Ian Mills, Tasmania
  - Mrs Caroline Polak Scowcroft, Australian Capital Territory
  - Ms Helen Reynolds, Australian Capital Territory
  - Ms Megan Rushton, New South Wales
  - Mr John Ruttle, New South Wales
  - Mr Dean Sherry, South Australia
  - Mr Ian Venamore, Queensland
  - Mr Mike Watteau, Western Australia
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- Project Manager – Mr Nigel McPaul, Group Project Manager
  - Reviewer – Ms Elizabeth Harper, Director COPD National Program

# About Lung Foundation Australia

## Who We Are

Lung Foundation Australia is a National not-for-profit organisation which aims to make lung health a priority for all in Australia. We are the only Australian organisation that represents patients of all types of lung disease.

We bring together key opinion leaders in respiratory medicine, physiotherapy, nursing and primary care to develop resources, training, and education to increase awareness of the importance of maintaining good lung health, provide better management and help support patients and carers living with a lung disease.



# Our Strategic Goals and Our Values

## Our Strategic Goals

- Promote lung health
- Promote early diagnosis of lung disease
- Support those with lung disease and their carers
- Advocate for equitable access to evidence based care
- Support quality research

## Our Values

To make lung health a priority for all, Lung Foundation Australia is:

- Community focused
- Quality focused
- Respectful of the individual
- Responsible for our work environment
- Striving for excellence

# Contact Lung Foundation Australia

You can contact Lung Foundation Australia by:

## Phone:

**Free call - 1800 654 301** (Information and Support staff are available to speak to you during business hours Monday to Friday)

## Email:

[enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

## Mail:

Information and Support Centre  
Lung Foundation Australia  
PO Box 1949  
Milton, QLD 4064

## Donate:

If you would like to support Lung Foundation Australia you can visit the donation page on the Lung Foundation Australia website.

# About Lung Foundation Australia's COPD National Program

The COPD National Program provides a strategic focus on the following areas:

- Promotion of early diagnosis of COPD:
  - Increasing community awareness of risk factors and symptoms
  - Encouraging health professionals to undertake regular risk assessment and screening
  - Community education sessions
- Promotion of accurate diagnosis with spirometry
- Reducing the impact of COPD by promotion of:
  - Pulmonary Rehabilitation and ongoing maintenance exercise
  - Self-management strategies for patients
- Provision of Guidelines, Education, Training and Clinical Resources for health professionals for the diagnosis and management of patients with COPD
- Education and support for patients:
  - Information and Support Centre
  - Toll-free 1800 number
  - Patient Education days
  - Patient support groups
  - Fact sheets and information booklets
  - Web-based training
  - Lung Care nurse
- Research grants
- Advocating policy changes for equitable access to services for people with COPD

Expert health professionals volunteer through committees to provide clinical guidance to the COPD National Program and a small team (3.2FTE) within the Lung Foundation:

- Director, COPD National Program
- Project Manager – Primary Care
- Program Manager – Lungs in Action and Pulmonary Rehabilitation
- COPD-X Guidelines Executive Officer
- Project Officer

The COPD National program is also supported by many patient and health professional volunteers who provide localised support to the above initiatives by mentoring and upskilling health professionals, running support groups and raising awareness in the community.

The COPD National program does not receive ongoing government funding and relies on funding through sponsorships, donations and competitive grants. A large portion of program sponsorships are from unconditional education grants from pharmaceutical companies.

# Introductory Video

This five-minute video will show you how to navigate around the C.O.P.E. portal.

