



Our goal is to
keep you healthy

Respiratory Care





● **Spacer Inhaler - Usage and Cleaning:**

Using a spacer makes it easier to get the medicine from your inhaler straight to your lungs, where it's needed. You will need to ensure you clean and maintain your spacer correctly, please follow the links below for more information.

www.asthma.org.uk/advice/inhaler-videos/facemask-adult/

www.asthma.org.uk/advice/inhalers-medicines-treatments/inhalers-and-spacers/spacers/#cleaning

● **Perfecting your Inhaler Technique:**

Correct inhaler technique increases the effectiveness of your medicine! Follow the link to the asthma UK website where you can find demonstration videos for each type of inhaler.

www.asthma.org.uk/advice/inhaler-videos/

● **Peak Flow:**

Peak flow is a measure of how quickly you can blow air out of your lungs. You measure peak flow by blowing as hard as you can into a small hand-held device called a peak flow meter. Measuring peak flow can be a simple way to help you manage your asthma better. If your airways are tight and inflamed, your peak flow score will be lower than normal. This could be a sign your asthma is getting worse, see your individual asthma care plan for your peak flow targets

<https://youtu.be/baLYBXcglmk>

www.asthma.org.uk/advice/manage-your-asthma/peak-flow/#howtousepeakflow



01507 358623

Marsh Medical Practice

www.marshmedicalpractice.com



THE ASTHMA UK AND
BRITISH LUNG FOUNDATION
PARTNERSHIP

● Pulmonary Rehabilitation:

Pulmonary rehabilitation is a treatment programme that can help you stay active if you have a lung condition. Pulmonary rehab can improve your muscle strength so you can use the oxygen you breathe more efficiently and become less breathless, help you cope better with feeling out of breath, improve your fitness so you feel more confident to do everyday tasks and help you feel better mentally. The British Lung Foundation have resources to help you keep up with pulmonary rehab at home and to stay active.

www.blf.org.uk/support-for-you/keep-active/exercise-video

www.blf.org.uk/support-for-you/breathlessness/how-to-manage-breathlessness

SPACE for COPD is a self-management programme designed to help individuals with COPD manage their condition more effectively and reduce the impact it has on their day to day life. The self-management programme contains a range of educational topics to help individuals with COPD understand their condition better.

www.spaceforcopd.co.uk/

01507 358623

Marsh Medical Practice

www.marshmedicalpractice.com



Additional information

In a life threatening emergency always call 999

Between 8am and 6:30pm (Monday to Friday) please call us on **01507 358 623** for the following:

- **Urgent on-call doctor appointments**
- **GP appointments**
- **GP telephone consultations**
- **Nurse appointments**
- **Health checks**

In the event of needing medical help outside of these hours please call **111**



Useful numbers to know

Age UK 0800 169 6565 (8am to 7pm every day)

Asthma UK 0300 222 5800 (9am to 5pm Mon–Fri) www.asthma.org.uk

British Lung Foundation 0300 0030 555 www.blf.org.uk

Call Connect 0345 234 3344

Voluntary Car Service 01507 609 535
(operational 24 hours per day)

RVS (formally WRVS) 0845 608 0122

Healthcare:

District nurses 01507 631 295

Marsh Medical Practice 01507 358 623

Non-urgent help and advice 111 (24 hours a day, 365 days a year)

Hospitals:

Diana Princess of Wales Hospital, Grimsby 01472 874 111

Lincoln County Hospital 01522 512 512

Louth Hospital (minor injuries unit) **01507 600 100**

Useful websites

www.nhs.uk

www.patient.co.uk

www.nhs.uk/conditions

www.marshmedicalpractice.co.uk

www.lincolnshirecommunityhealthservices.nhs.uk/our-services/specialist-services/pulmonary-rehabilitation-service

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>

