

NHS Highland

Respiratory Resource Hub

What is the Respiratory Resource Hub?	
<p>The Respiratory Resource Hub aims to bring together links to trusted sources of information about respiratory conditions, symptoms, wellbeing, managing your condition and more. You will find the Respiratory Resource Hub at: https://tam.nhsh.scot/respiratory-resource-hub-for-patients-and-carers/</p>	
Helplines	
 <p>Call our freephone Advice Line Nurses 0808 801 0899</p>	<p>CHSS's advice line – Chest Heart Stroke Scotland's advice line is staffed by nurses, and provides support and information for people living with lung disease, their family and carers. You can request booklets and factsheets to be sent to you – ring 0808 801 0899 between 9:30 am and 4:00 pm</p>
 <p>Speak to our helpline 03000 030 555</p>	<p>BLF's helpline - British Lung Foundation's helpline can help with information about many aspects of living with lung conditions - ring 03000 030 555 between 9:00 am and 5:00 pm</p>
Websites	
	<p>Asthma UK - UK wide 3rd sector organisation which provides support and advice, funds research and campaigns to improve the quality of care for people with Asthma www.asthma.org.uk</p>
	<p>Breathlessness Intervention Service (BIS) – from the Cambridge University Hospitals - patient leaflets, audio and video about managing breathlessness www.cuh.nhs.uk/our-services/breathlessness-intervention-service</p>
	<p>British Lung Foundation (BLF) - UK wide 3rd sector organisation which provides support and advice about all lung diseases, funds research and campaigns for clean air www.blf.org.uk</p>
	<p>Chest Heart Stroke Scotland (CHSS) - Scottish 3rd sector organisation supporting people and their families across Scotland with chest (respiratory), heart and stroke conditions www.chss.org.uk</p>
	<p>LGOWIT - Highland 3rd sector partnership which aims to raise awareness of the difficulties of living with all long term health conditions and helps people self-manage their conditions through training, education & fun www.lgowit.org.uk</p>
	<p>My Lungs, My Life - a website created by a partnership including BLF, CHSS and NHS Scotland with information and advice about asthma and COPD https://mylungsmylife.org</p>
	<p>NHS Inform - Scotland's national health information service with information about all health conditions www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways</p>
Additional help lines in case you need emotional support	
 <p>Need help now? Call free on 0800 83 85 87</p>	<p>Breathing space – a confidential phone line for anyone in Scotland over the age of 16 who is feeling low, anxious or depressed - ring 0800 838587 - Monday to Thursday 6:00 pm to 2:00 am, Friday 6:00 pm to Monday 6:00 am</p>
 <p>0808 802 6161</p>	<p>Cruse bereavement care Scotland - national helpline (and online webchat) - ring 808 802 6161 - Monday to Friday 9:00 am to 8:00 pm, weekends 1:00 pm to 4:00 pm</p>

Respiratory Resource Hub

The Respiratory Resource Hub (RRH) has been developed as an information resource for people living with respiratory symptoms or conditions and their carers, by bringing together links to information from trusted sources, mostly third sector organisations (such as health charities) and the NHS. Visit: bit.ly/RRH-home

<p>Welcome</p> 	<p>This section provides a welcome to the Respiratory Resource Hub and some tips about how to use it effectively. Visit: bit.ly/RRH-welcome</p> <table border="1" data-bbox="480 331 1506 432"> <tr> <td>Introduction</td> <td>Key sources of information</td> </tr> <tr> <td>How to find the information you want</td> <td>How to give feedback</td> </tr> <tr> <td>Recommended resources</td> <td></td> </tr> </table>	Introduction	Key sources of information	How to find the information you want	How to give feedback	Recommended resources							
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<p>My respiratory condition</p> 	<p>This section provides links to information about the most common respiratory conditions. Visit: bit.ly/RRH-conditions</p> <table border="1" data-bbox="480 533 1506 633"> <tr> <td>Asthma</td> <td>Pulmonary fibrosis (and other ILDs)</td> </tr> <tr> <td>Bronchiectasis</td> <td>Sleep apnoea</td> </tr> <tr> <td>COPD</td> <td>Other respiratory conditions</td> </tr> </table>	Asthma	Pulmonary fibrosis (and other ILDs)	Bronchiectasis	Sleep apnoea	COPD	Other respiratory conditions						
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<p>My symptoms</p> 	<p>In this section you will find links to information about common respiratory symptoms and help with managing them. Visit: bit.ly/RRH-symptoms</p> <table border="1" data-bbox="480 734 1506 835"> <tr> <td>Action plans and self-management plans</td> <td>Breathing and chest clearance techniques</td> </tr> <tr> <td>Breathlessness</td> <td>Chronic cough</td> <td>Fatigue and tiredness</td> </tr> <tr> <td>Depression, stress and anxiety</td> <td>Managing COPD exacerbations (flare-ups)</td> <td></td> </tr> </table>	Action plans and self-management plans	Breathing and chest clearance techniques	Breathlessness	Chronic cough	Fatigue and tiredness	Depression, stress and anxiety	Managing COPD exacerbations (flare-ups)					
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<p>My wellbeing</p> 	<p>This section will help you learn how small changes can make a big difference to your wellbeing and help you live as full a life as possible. Visit: bit.ly/RRH-wellbeing</p> <table border="1" data-bbox="480 925 1506 1025"> <tr> <td>Self-management: learn to live with your condition</td> <td>Keeping active</td> <td>Living with COPD</td> </tr> <tr> <td>Looking after your mental health</td> <td>Eating for health</td> <td>Smoking</td> </tr> <tr> <td>Coping with depression, stress and anxiety</td> <td>Medication</td> <td>Vaccinations</td> </tr> </table>	Self-management: learn to live with your condition	Keeping active	Living with COPD	Looking after your mental health	Eating for health	Smoking	Coping with depression, stress and anxiety	Medication	Vaccinations			
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<p>My journey with the NHS</p> 	<p>This section will give you some information to help you understand and navigate your own journey through NHS services. Visit: bit.ly/RRH-journey</p> <table border="1" data-bbox="480 1126 1506 1249"> <tr> <td>Respiratory team roles</td> <td>Specialist respiratory nurses</td> <td>When to call an ambulance</td> </tr> <tr> <td>Healthcare appointments</td> <td>Primary care</td> <td>What to expect as an inpatient</td> </tr> <tr> <td>Breathing & lung tests</td> <td>Secondary care</td> <td>Planning for the future</td> </tr> <tr> <td colspan="3">Pulmonary rehabilitation – treatment and education for people with lung conditions</td> </tr> </table>	Respiratory team roles	Specialist respiratory nurses	When to call an ambulance	Healthcare appointments	Primary care	What to expect as an inpatient	Breathing & lung tests	Secondary care	Planning for the future	Pulmonary rehabilitation – treatment and education for people with lung conditions		
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<p>My wider support network</p> 	<p>We all need a support network and this can be even more important if you have a respiratory condition. The links in this section suggest some ways that you may be able to enhance your own support network. Visit: bit.ly/RRH-support</p> <table border="1" data-bbox="480 1361 1506 1451"> <tr> <td>Key support organisations</td> <td>Peer to peer support</td> </tr> <tr> <td>Relationships</td> <td>Shared experiences</td> </tr> <tr> <td>Social care and occupational therapy</td> <td></td> </tr> </table>	Key support organisations	Peer to peer support	Relationships	Shared experiences	Social care and occupational therapy							
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<p>My life, work & environment</p> 	<p>Respiratory conditions can impact on all aspects of your life and can be affected by anything from air quality and the weather to your housing. Here we bring together links to a range of relevant topics. Visit: bit.ly/RRH-life</p> <table border="1" data-bbox="480 1574 1506 1664"> <tr> <td>Air pollution</td> <td>Housing</td> </tr> <tr> <td>Financial support</td> <td>Weather</td> </tr> <tr> <td>Holidays and travel</td> <td>Work</td> </tr> </table>	Air pollution	Housing	Financial support	Weather	Holidays and travel	Work						
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<p>For carers</p> 	<p>If you are a carer you will find links to information which is relevant for both you and the person you care for throughout this Respiratory Resource Hub, but this section is specifically for you. Visit: bit.ly/RRH-carers</p> <table border="1" data-bbox="480 1798 1506 1832"> <tr> <td>Support for carers</td> <td>Living with grief and loss</td> </tr> </table>	Support for carers	Living with grief and loss										
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<p>Learning events</p> 	<p>We hope to be able to provide online open learning events each month, to give people who have respiratory symptoms and conditions the opportunity to hear a talk from an expert and to have their questions answered. This section provides information about our current plans and how to join the learning events. Visit: bit.ly/RRH-events</p>												