July 2024

**Living Well with COPD**

**Three Shires Medical Practice**

Over this Winter -our Practice has agreed to take part in the Living Well with COPD project, which is explained below. This is completely voluntary for patients and you can opt out or not participate as you want. We hope that it will help some patients to manage their lung condition better, which could help reduce illness and hospital admissions.

Living Well with COPD is a pilot programme in Bristol, North Somerset and South Gloucestershire. It will support people living with chronic obstructive pulmonary disease (COPD) with self-management at home.

It offers access to a specialist app, myCOPD, to help manage COPD at home.

myCOPD includes guidance on inhaler technique with easy-to-follow inhaler videos, as well as expert support on how to manage COPD and much more at home.

Extra help for people who also have a heart condition is available on the app. myHeart has support to those living with any of the following conditions:

* heart failure
* angina
* heart attack
* post PCI
* valve replacement
* valve repair
* coronary artery bypass graft surgery (CABG)
* valvular heart disease.

myHeart has information to help you learn more about your condition and day to day management; a walking and rehabilitation program with an activity diary to keep track of progress; activities to help stress reduction and anxiety management. Itis there to support you to manage your condition.

The app’s developer, my mHealth is working with local voluntary sector groups and locality partnerships to support patients to use technology. Patients will be directed to local library services if they do not have suitable devices – for example smartphones.

The myCOPD app is currently only available in English. my mhealth is working with local voluntary sector groups to explore ways to support patients whose first language is not English to use the app.

my mhealth digital health advisers can also support you to get the most from the app. They may contact you to offer support, or you can contact them on mmhl.dha@nhs.net.

If you are offered myCOPD but do not want to take part, you can say no at any time for any reason, and you will not be contacted again.If you would like access to myCOPD (as well as your myHeart app, if appropriate), please complete the following [MMH Self-referral form](https://forms.zohopublic.com/mymhealth/form/BNSSGmyCOPDSelfReferralForm/formperma/vr_NLnJoeu1hpO6hWwMXnqPTWNXgYc4Ip8ew6fftnLk).