

Humber Coast and Vale Partnership

Support for patients to stay healthy and live well with a long-term condition

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This **toolkit** provides a directory of useful links and resources to support patients with long-term conditions to stay healthy and live well.

1. Some links provide general information to support staying healthy and living well and others provide more specific information to help you to look after yourself with a long-term condition;
2. Links have been collated from a range of sources, and this resource has been discussed with local clinicians.



Respiratory Diseases (Asthma and COPD) Patient Education and Self-management resources

Condition / Subject	Title (Produced By)	Links
Asthma	14-19-year olds support for managing asthma	https://wessexahsn.org.uk/projects/43/owning-my-asthma-14-19-year-olds-enhanced-self-management
	Asthma action plan	https://www.asthma.org.uk/globalassets/health-advice/resources/adults/adult-asthma-action-plan.pdf
	Asthma action plan for children	https://www.asthma.org.uk/globalassets/health-advice/resources/children/child-asthma-action-plan.pdf
	Asthma and emotional support	https://www.asthma.org.uk/advice/manage-your-asthma/emotional-support/
	Asthma and my child stay well guide	https://www.asthma.org.uk/globalassets/health-advice/resources/children/asthma-and-my-child-booklet.pdf
	Asthma and pregnancy	https://www.asthma.org.uk/advice/manage-your-asthma/pregnancy/
	Asthma attack risk checker	https://www.asthma.org.uk/advice/manage-your-asthma/risk/
	Asthma care for children and young people videos	https://www.healthylondon.org/resource/london-asthma-toolkit/parents-and-carers/film/



	Asthma inhalers patient decision aid (NICE)	https://www.nice.org.uk/guidance/ng80/resources/inhalers-for-asthma-patient-decision-aid-user-guide-pdf-6727144574
	Asthma inhaler videos	https://www.asthma.org.uk/advice/inhaler-videos/
	Asthma overview (NHS)	https://www.nhs.uk/conditions/asthma/
	Asthma toolkit	https://www.healthylondon.org/resource/london-asthma-toolkit/parents-and-carers/
	Children's fun asthma comic	https://www.healthylondon.org/wp-content/uploads/2017/10/Asthmanautssingle2.compressed.pdf
	How to manage asthma symptoms if getting worse	https://www.asthma.org.uk/advice/manage-your-asthma/getting-worse/
	Quit smoking to help manage your asthma	https://www.asthma.org.uk/advice/manage-your-asthma/quit-smoking/
	Support to manage asthma for young people	https://www.asthma.org.uk/advice/manage-your-asthma/young-people/
Breathlessness	About shortness of breath	https://www.nhsinform.scot/illnesses-and-conditions/lungs-and-airways/shortness-of-breath
	A guide to living well with breathlessness	https://breathlessness.hyms.ac.uk/?p=1452



	Breathlessness booklet (British Lung Foundation)	https://cdn.shopify.com/s/files/1/0221/4446/files/BK29_Breathlessness_v2_downloadable_pdf_e8596d3c-47d8-4295-945b-6e90f19787a5.pdf?16068504254750548401
	Managing breathlessness at home during COVID-19	https://www.kcl.ac.uk/cicelysaunders/resources/khp-gp-breathlessness-resource.pdf
	Managing breathlessness videos	https://www.stchristophers.org.uk/videos/managing-breathlessness/
	Support for your breathlessness (British Lung Foundation)	https://www.blf.org.uk/support-for-you/breathlessness
	Support on how to manage breathlessness booklet (British Lung Foundation)	https://www.blf.org.uk/support-for-you/breathlessness/how-to-manage-breathlessness
	Supporting someone with breathlessness	https://supporting-breathlessness.org.uk/
COPD	6 tips for living well with COPD booklet (British Lung Foundation)	https://www.blf.org.uk/your-stories/6-tips-living-well-copd
	COPD overview (NHS)	https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/
	COPD patient passport (British Lung Foundation)	https://passport.blf.org.uk/
	COPD self-management pack and exercise handbook (British Lung Foundation)	https://shop.blf.org.uk/collections/self-management-hcp/products/copd-self-management-pack-hcp
	COPD self-management plan (British Lung Foundation)	https://shop.blf.org.uk/collections/self-management-hcp/products/copd-self-management-plan-hcp



	Know your COPD	https://www.hse.ie/eng/health/hl/living/copd/know-your-copd-.html
	MyCOPD app information	https://mymhealth.com/mycopd
	Support with your COPD (British Lung Foundation)	https://www.blf.org.uk/support-for-you/copd
	Understanding COPD information and patient support resources	https://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD.aspx
	What is COPD booklet (British Lung Foundation)	https://www.blf.org.uk/sites/default/files/BK2%20COPD%20v4%20downloadable%20PDF.pdf
Living Well	British Lung Foundation social network	https://healthunlocked.com/blf
	Flare-ups action plan (British Lung Foundation)	https://cdn.shopify.com/s/files/1/0221/4446/files/flare-up_plan.pdf?3858084738803025030
	NHS stop smoking services to support you quit smoking (NHS)	https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/
	Recording how you feel (British Lung Foundation)	https://cdn.shopify.com/s/files/1/0221/4446/files/mood_diary.pdf?3858084738803025030
	Support in your area (British Lung Foundation)	https://www.blf.org.uk/support-in-your-area
	Support to stop smoking (British Lung Foundation)	https://www.blf.org.uk/support-for-you/smoking
	Symptoms diary (British Lung Foundation)	https://cdn.shopify.com/s/files/1/0221/4446/files/Symptoms_diary.pdf?3858084738803025030



Pulmonary Rehabilitation and Exercise	Asthma and physiotherapy (Chartered Society of Physiotherapy)	https://www.csp.org.uk/conditions/asthma
	Being Active with a respiratory condition (Chartered Society of Physiotherapy)	https://www.csp.org.uk/system/files/documents/2019-05/0001619_09_loveactivity_being_active_with_respiratory_condition_final.pdf
	COPD and physiotherapy (Chartered Society of Physiotherapy)	https://www.csp.org.uk/conditions/copd
	Exercise record (British Lung Foundation)	https://cdn.shopify.com/s/files/1/0221/4446/files/exercise_record.pdf?10044858532662309432
	Keeping Active (British Lung Foundation)	https://cdn.shopify.com/s/files/1/0221/4446/files/BK27_Keep_active_v2_2017_PDFdownload.pdf?2059332896977331898
	Pulmonary rehabilitation (British Lung Foundation)	https://www.blf.org.uk/support-for-you/keep-active/pulmonary-rehabilitation
	Walking record (British Lung Foundation)	https://cdn.shopify.com/s/files/1/0221/4446/files/walking_record.pdf?3858084738803025030
	Your exercise handbook for people living with a lung condition	https://cdn.shopify.com/s/files/1/0221/4446/files/Exercise_Handbook_V5_MARCH2020.pdf?v=1586266412&_ga=2.145888436.1051111828.1591369835-152848169.1554201880

