

20 January 2022

Dear Doctor,

Asthma WA and the WA Country Health Service are pleased to provide you with two new resources for your adult patients with COPD.

We undertook this project in response to feedback from patients, doctors and allied health workers delivering services for COPD patients in regional and metropolitan areas suggesting the need for more user-friendly resources.

We've aimed at developing resources that are at levels of readability appropriate for the general population and are also appropriate for those with low health literacy. To achieve this, we have worked with a multidisciplinary team which included consumers, nurses, allied health professionals and user experience and design professionals. We've also had expert content input from respiratory specialists.

1. About these patient resources

Resource 1: "Home Action Plan for adults with COPD"

You will note a section on the plan titled: *"What 'well' looks like for you"*. Our intention in creating this section is to provide a useful prompt for patients to think about their daily COPD symptoms as you fill out the Home Action Plan with them. Patients who can recognise their symptoms on a typical day are more likely to act when symptoms worsen.

For patients you believe may benefit from having this Home Action Plan, it is recommended that it is updated yearly and more frequently for patients experiencing multiple exacerbations. When updating the plan, it is also worth checking that your patient has an adequate home supply of the oral steroid and antibiotic. Please print the plan in colour.

Resource 2: "Things you can do to keep well for adults with COPD"

This is a companion resource to the Home Action Plan and offers more detail on the key recommendations that appear on the Action Plan. We created this document to serve as a list of points for discussion with patients.

Download these resources here: <https://asthmawa.org.au/health-professionals/hp-resources/>

2. About Asthma WA

Asthma WA offers a wide range of free services to West Australians living with respiratory disease:

- Lung function testing
- Tailored self-management education for Asthma, COPD and bronchiectasis
 - Appointments in person, via telehealth, or telephone
- Paediatric Respiratory Hub
- Group education
- Health professional upskilling
- Activ8 for Asthma
- Helpline – 1800 ASTHMA (1800 278 462)

Please encourage your patients to contact Asthma WA to find out more **08 9289 3600**

3. COPD resources for you

If you'd like to read more about the latest COPD diagnostic and management evidence and local recommendations, we recommend:

1. **The COPD-X Plan: Australian and New Zealand Guidelines for the management of Chronic Obstructive Pulmonary Disease 2021.** Lung Foundation Australia; 2021 Feb.
<https://copdx.org.au/>

For a reputable and current global resource, we recommend Global Initiative for Chronic Lung Disease (GOLD) Report:

2. **Global Strategy for the Diagnosis, Management and Prevention of Chronic Obstructive Lung Disease 2021, Global Initiative for Chronic Obstructive Lung Disease, 2021**
<https://goldcopd.org/>

If you are managing a patient with COPD and require expert advice from a respiratory physician, non-urgent inquiries may be directed to the following respiratory physician who acts in a clinical advisory role to Asthma WA:

Dr John Blakey
John.Blakey@health.wa.gov.au

Finally, we welcome all feedback on these new resources and look forward to hearing from you.

Yours sincerely,

Asthma WA and WACHS