

Topics which may be covered

- Understanding your lung disease and how to manage it
- Breathing exercises, removing sputum and breathing control
- Understanding medications
- Improving fitness
- Anxiety strategies
- Navigating the health system
- Diet
- Travel
- Advanced Care Planning
- Home exercise
- What to do when you get ill
- Intimacy and breathlessness
- Continence
- Role of the social worker

For further information please contact 06 878 8109



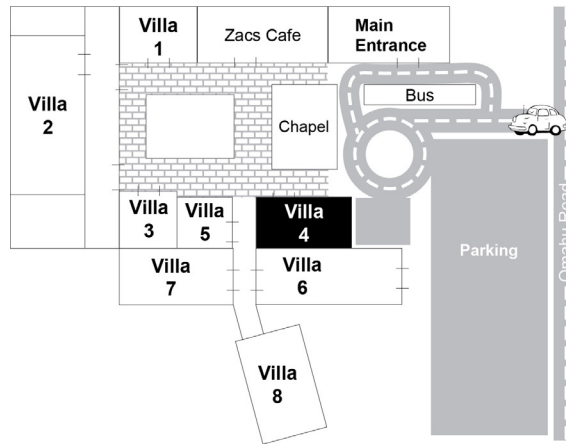
Hawke's Bay District Health Board supports and encourages smokefree environments. All our sites are smokefree.

Cancellations

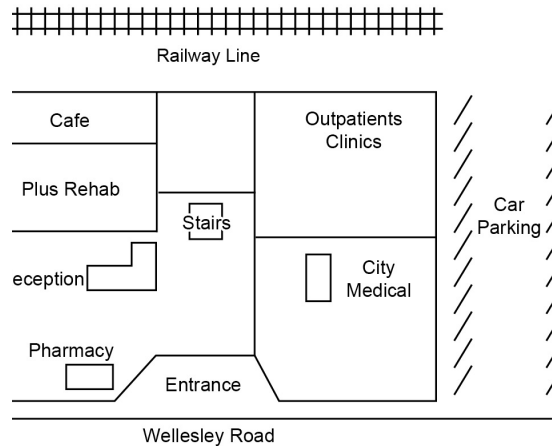
Please notify us as soon as possible if you are unable to attend your appointment.

Ph: 06 878 8109, extension 5727
or 0800 673 845, extension 5727

Villa 2 – HBDHB:



Napier Health



Pulmonary Long Term Management

Personalised support for your breathlessness

*Hauora Taupori
Population Health -
Low risk*

*Take Whāwhai
Intensive -
High risk*

*Kaitautoko
Supportive
Service -
Medium risk*

Programme Outcomes

- Individual treatment pathways
- Better understanding of your condition
- Better understanding of treatment options
- Improved symptom management
- Improved quality of life
- Enhanced self-management skills
- Closer relationships with health professionals
- Proven to decrease hospitalisations

Courses Available in:

Hastings
 Napier
 Wairoa
 Waipukurau

Referral Pathway for the Pulmonary Long Term Management Programme

