

# COPD: Recognise the symptoms

Stay well and out of hospital this winter

## Have the CHAT



Find out more [lungfoundation.com.au/have-the-chat](http://lungfoundation.com.au/have-the-chat)

1<sup>st</sup> June 2017

### COPD Exacerbation Awareness - *Have the CHAT* campaign 1<sup>st</sup> June – 31<sup>st</sup> August 2017

Lung Foundation Australia is pleased to announce our *Have the CHAT* campaign is back for 2017. *Have the CHAT* is a winter campaign that aims to keep people with Chronic Obstructive Pulmonary Disease (COPD) well and out of hospital. *CHAT* is an easy to remember acronym that helps patients and their carers to recognise the symptoms of an exacerbation (flare-up of symptoms), including:

- Coughing more than usual
- Harder to breathe than usual
- Any change in sputum (phlegm) colour and/or volume
- Tired more than usual (less active)

There are two key components of the campaign:

- **General Public:** It encourages conversations between people living with COPD and their GPs, and increases awareness of COPD exacerbations and what to do if they arise.
- **GPs:** It provides a suite of evidence-based resources to enable timely identification and management of COPD exacerbations. Resources include: COPD Action Plans, Exacerbation Algorithm, Stepwise Management of Stable COPD and the COPD-X Concise Guide for Primary Care.

**Get involved:** Lung Foundation Australia would greatly appreciate your help promoting this campaign to GPs and the general public – please see attached **promotion pack**.

#### Fast facts:

- COPD is the second leading cause of preventable hospitalisation in Australia.<sup>1</sup>
- Each exacerbation does long-term damage. In people hospitalised due to COPD, the risk of death may be greater than a heart attack.<sup>2</sup>
- A delay of 24 hours or more in seeking treatment for an exacerbation doubles the chance of hospital admission.<sup>3</sup>

Our *Have the CHAT* campaign is supported by AstraZeneca and their representatives will also be involved in promoting the campaign. For further information visit [www.lungfoundation.com.au/have-the-chat](http://www.lungfoundation.com.au/have-the-chat).

Yours sincerely,

**Kirsten Phillips**

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<sup>1</sup>National Health Performance Authority 2015, Healthy Communities: Potentially preventable hospitalisations in 2013–14.

<sup>2</sup>Halpin D. Mortality in COPD: Inevitable or Preventable? Insights from the Cardiovascular Arena. *COPD: Journal of Chronic Obstructive Pulmonary Disease* 2008. 5:3, 187–200.

<sup>3</sup>Chandra D, Tsai CL, Camargo CA, Jr. Acute exacerbations of COPD: delay in presentation and the risk of hospitalization. *COPD* 2009; 6:95-103