



# BLF COPD self-management workshops

The BLF runs programmes of self-management workshops for people with chronic obstructive pulmonary disease, volunteers and community navigators, and health professionals. This document outlines our experience in delivering these programmes. It provides guidance for our commissioners. The following will guide your preparation as we work together to successfully plan and deliver your programme.

## Planning and mobilisation of your BLF COPD workshop programme

### Venue

We have found that people with COPD are more confident coming to a workshop in a venue known to them. Workshops delivered in meeting rooms in GP practices, or venues where community pulmonary rehab is delivered are well attended. People tend to know the venue and the resources available and are more confident in planning to attend.

Things you should consider when choosing a delivery venue and meeting room:

- Is there a car park? Or drop off area?
- How far is the car park/drop-off area to the meeting room?
- Is the venue on a bus route?
- If the meeting room is not on the ground floor is there a lift?
- How easy is it to gain entry to the meeting room? Is there a buzzer system? Do people need to be accompanied from a reception area to the room?

### Recruitment of workshop participants

It is important to promote the programme to raise awareness in the area or areas of delivery. Engaging with the local GP practices and community respiratory team are essential to support recruitment onto the programme. We can provide you with tailored promotional resources to support your promotion and engagement with your key stakeholders that reflect the agreed recruitment criteria.

A blended recruitment method has been shown to be most successful in filling the workshop places. Evaluation of our previous programmes has found that:

- 45% of people attended our workshop programmes as a result of a targeted mail out/invitation sent from the GP practice, community respiratory team or respiratory consultant.
- 27% of people were via a GP, practice nurse or community nurse referral.

- 28% self-referred after seeing a promotional poster or flyer, or advert about the local programme.

### Local services

Our workshops aim to increase people's understanding of COPD. We also advise them what local services, groups and networks are available for people with COPD. It is important to signpost to local resources for people to access after their programme has finished.

We will want you to share with us your directory of local services in order to incorporate this within the workshop programme.

We may also invite certain services to attend the workshop to have the opportunity to give a short presentation about their service (approximately 15 - 30mins, to be confirmed depending on workshop programme and length). Services that have attended our workshop programmes include: smoking cessation, Breathe Easy groups, psychological therapies, and pulmonary rehab services.

### Workshop content and delivery

Please find an outline of the content you will find in our workshop programme in appendix 1. Our trainers are all experienced qualified respiratory health professionals. Workshop sessions are interactive and they will be led by the needs of the group. Evaluation shows that 98% of participants strongly agreed or agreed that the trainer explained the information in a way they understood.

# Workshop content

## Part 1

- Your lungs and COPD
- What causes COPD
- Smoking and COPD
- Stop smoking support

## Part 2

- Dealing with breathlessness and breathing techniques
- Exercise and the cycle of inactivity
- Pulmonary rehabilitation
- Physical activity and local opportunities
- BLF Active
- Exercising at home

## Part 3

- Managing flare-ups
- Knowing when you become unwell
- Getting help
- Managing medications
- Fatigue management
- Goals

## Part 4

- Local information including pulmonary rehabilitation and Breathe Easy
- Other support from the BLF
- Evaluation
- Recap and questions