

FRESH AIR

WP 5: Improving diagnosis and treatment

Objectives

- To explore how health care workers can be supported to use spirometry for improved diagnosis of COPD
- To identify how very brief advice on smoking cessation can be provided in LMICs
- To provide resources for training health care workers to provide very brief smoking cessation advice
- To identify how pulmonary rehabilitation programmes can be provided in LMICs
- To carry out pilot interventions training teams to provide pulmonary rehabilitation (PR)

Tasks

- Improving diagnostics for COPD
- The adaptation of the very brief smoking cessation advice module for healthcare workers
- Deliver training for healthcare workers in PR and the testing of the feasibility of low cost and low technology based alternative approaches to PR

Lead

Dr Rupert Jones (PU)

Rupert has been involved in research and management of lung disease for 20 years. He advised on the Strategy for COPD in England.

Pulmonary rehabilitation - a life-giving programme (new film)

See a film on introducing Pulmonary Rehabilitation to Uganda and learn more about its benefits

Spirometry: Spirometry 360 and SpiroSmart (development of mobile app)

See the [blog about the University of Washington working with IPCRG colleague Dr Monsur Habib](#) in Bangladesh and how that can be taken further with FRESH AIR

Living with COPD: 5 steps to better lung health

COPD or chronic obstructive pulmonary disease mainly affects your lungs and how well you can breathe, but it can also affect your muscles, heart, bones and overall mood. COPD can be worrying and frustrating, but you can do something about it.

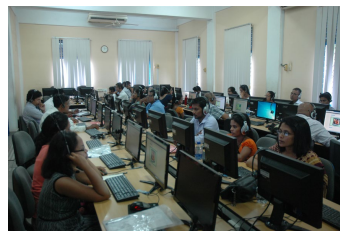
5 steps to better lung health -



See [TV broadcast in Vietnam](#) on the introduction of three pilot rehabilitation programmes, following the teaching visit of Prof Sally Singh, and Dr Rupert Jones.



One of our Scientific Advisory Committee, Prof Savithri Wimalasekera, Consultant Clinical Physiologist and Head of Department of Physiology, University of Sri Jayewardenepura, has also tested the Spirometry 360 programme with University of Washington through distance learning.



download the guide [here](#)



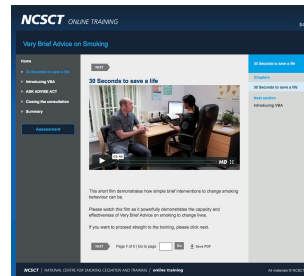
Living with COPD: 5 steps to better lung health



Very Brief Advice

National Centre for Smoking Cessation and Training, UK Very Brief Advice behaviour change techniques:

- Assess current and past smoking behaviour [ASK]
- Provide information on consequences of smoking and smoking cessation [ADVISE]
- Provide options for later/additional support [ACT]
- Advise on stop smoking medications, where they are available [ACT]



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