

# Ipswich and East Suffolk Alliance



## Case Study:

## RESPIRATORY SERVICES

Patients suffering from Chronic Obstructive Pulmonary Disease (COPD) are frequent users of GP and hospital services.

COPD, which causes serious breathing difficulties, is one of the main causes of emergency admissions to hospital, particularly over the winter months.

Since 2014, the NHS Ipswich & East Suffolk Clinical Commissioning Group (CCG) has worked with clinical, operational and patient support to make improvements to respiratory care services.

During 2018/19 the CCG and NHS England have been working together to empower patients to help themselves by using a specialist mobile app called 'MyCOPD'.

The app helps patients with COPD better understand what is 'normal' for their condition and provides contact details and information about local support groups, smoking cessation and mental health services such as Wellbeing Suffolk, Onelife Suffolk and Living Life to the Full.

