



Speaking from Experience

Chronic Obstructive Pulmonary Disease (COPD)

Transcript for chapter 7 of 11: Medication

Chris & Reg, 83: Well, Reg has always been very interested and concerned about his disease. And he's found out as much as he can about it and has always wanted to be able to manage himself really well. And with all the advice that we've had about having an action plan and an action pack, which means the doctor helps you set out a chart to watch the progress of your disease and what's happening to you – Is your breathing getting worse, are you coughing up more phlegm, and all this type of thing. So you're on the look-out all the time for infections, because that's what lands you in hospital. And Reg has been able to avoid hospitalisation for years through these management skills.

Ruth, 72: It's really important that one, the factor of the medication that you take and an action plan also includes when you've got to go to hospital. So that the bag's packed, the list of medication is there. All of those things that make it easier are part of an action plan. And they do... At all of the rehab programs, they do say you must have an action plan.

Colette, 45: The medications just open the airways up, same as an asthmatic's medication does, and a lot of them cross over between asthma and COPD.

Roy, 53: I do find if I use a puffer and I choose to run, I wouldn't use the puffer within two hours of trying to run. It really makes you dry in the mouth. Usually my wife and I take a drink about 5-6 km in and we both tried it once or twice, and we had a drink at 2 km.

Julie, 58: At the moment, I'm ok with the puffer – taking it in, holding it, and making sure I wash my mouth out. I've had glimpses that my... Coming off the cigarettes, my mouth started to get ulcerated more. But I might not have been rinsing my mouth out enough. So that, you know, would contribute to the ulcers getting worse. The people at the pulmonary rehab have explained and given us pamphlets on dry mouths on what you can do. There's different products out there that you can get hold of.

Graham, 69: There was one medication that I took which made me shake all over. I mean, I... In fact, I thought I had another condition. And it was the medication. Because I just shook. Shook, shook, shook. So they took me off that immediately and gave me another one, and there was no effect. It all depends on the person. There are different medications and it's got to be spot-on.