



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on myCOPD

myCOPD is a digital self-management platform designed to empower patients living with COPD to better understand their condition and how to manage it.

COPD is a complex long-term respiratory condition. Understanding how COPD affects patients, what they should do to manage their symptoms and how to correctly take medication can be a real challenge for patients living with COPD. Information is generally provided by clinical teams either verbally or via leaflets but accessing information that is relevant to an individual and when it is needed most is not always easy. This can lead to anxiety and poor outcomes.

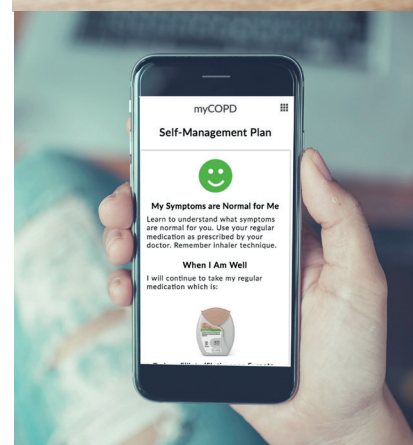


myCOPD is developed by my mhealth a clinically led software company that develops and deploys Apps which help patients and clinicians to manage long term conditions (LTC).

Based on evidence and national guidelines, myCOPD provides 24-hour, individualised self-management, expert advice and support for patients with COPD. myCOPD helps people with COPD to:

- Perfect their inhaler technique using online/ mobile app based inhaler education videos.
- Complete validated Pulmonary Rehabilitation exercises online, at their own home and pace - avoiding waiting lists, travel and parking complications.
- Access COPD expertise in the form of education support video modules.

myCOPD is being recommended by clinical teams across Sussex now and is available for free for patients in some areas. If you live with COPD and would like access to this platform please contact your GP or Respiratory Specialist Nurse.



All of the insight we collect from people across West Sussex is collated and anonymised and forms part of the evidence that Healthwatch gather to identify common themes around what works and what could be improved for local people. **This insight is used to influence service development and can feed into:**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- Sussex Health and Care Partnership workstreams (the NHS Integrated Care System for Sussex).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments, such as the NHS Long Term forward plan.

To learn more about the work of my mhealth and the myCOPD app:

Email: info@mymhealth.com

Telephone: 01202 299 583

Website: mymhealth.com



Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email helpdesk@healthwatchwestsussex.co.uk,

Website www.healthwatchwestsussex.co.uk.

healthwatch
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: cheryl.berry@healthwatchwestsussex.co.uk