Health, Happiness & Community

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NZNO Respiratory Nurses Symposium
Hamilton, 15 April 2016
“Sing Your Lungs Out”

• A research project, since October 2014
  – Does participation in a weekly choir improve the lung function, health, happiness and the quality of life for those affected by COPD?
• A charitable trust
• Research supported by MRINZ
The team

• Respiratory physician, Dr Amanda McNaughton
• Emergency medicine, Dr Sarah Aldington
• Pulmonary rehab nurse, Gayle Williams
• Choir directors, Ruth Collingham and Mark Stamper
• Volunteer, Jackie McAuliffe
• 28 awesome singers
Who are the singers?

• Previously attended pulmonary rehab programme
• Spirometry
• 6-minute walk test
• Breathing questionnaire
• HADS score assessed
• Testing repeated at 4 months and one year
What else is SYLO?

• An example of Public Health Promotion, as defined in the Ottawa Charter 1986
• A component of Palliative Care
Ottawa Charter 1986

• Health promotion is the process of enabling people to increase control over, and to improve, their health
• Health is a positive concept emphasizing social and personal resources, as well as physical capacities
• Health promotion is not just the responsibility of the health sector, but goes beyond healthy life-styles to well-being.
Health Promotion Action

• Develop personal skills
• Strengthen community actions
• Create supportive environments
• Re-orient health services
• Build healthy public policy

SYLO meets or can influence all of these goals.
Palliative Care

• Isn’t just control of pain, but also attends to the social, psychological and spiritual needs of the patient

• Is interdisciplinary in its approach, and encompasses the patient, the family and the community

• Affirms life and sets out to preserve the best possible quality of life for as long as possible

SYLO does all of these.
But what do the singers say?

• Laughter and fun
• Relaxation
• Emotional and community support
• A sense of purpose
• Breathing control
• Learning new skills
• Confidence improves
• More control in other aspects of their life
• Safety
Where does SYLO fit in?

• Weekly sessions in community hall
• Public performances
  – Wellington Regional Hospital
  – Newtown Street Festival
  – Three conferences
  – ‘Creekfest’ - Porirua City annual festival
• Wellington College partnership
What the SYLO study shows

Research confirms:

• Improved physical health and breathing
• Wellbeing and positive social connections
• Personal growth and purpose in life.
• Being in the right space and feeling safe and cared for.
Where to from here?

- New SYLO choir started in Porirua
- SYLO name has been protected
- Continue to promote this positive contribution to the holistic health of people with COPD
“Sing Your Lungs Out”

• The choir in action.

• Fundraising a necessity
• Please visit our Facebook page: *Sing Your Lungs Out*