

Health, Happiness & Community

Gayle Williams, RN

Pulmonary Rehabilitation Nurse, CCDHB

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:

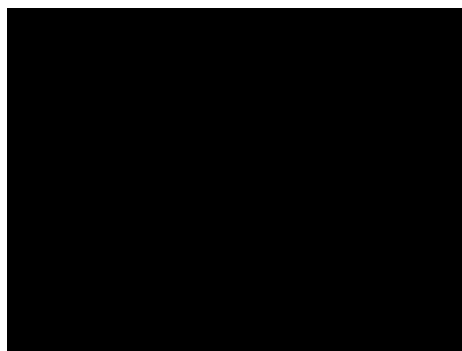
- Improved physical health and breathing
- Wellbeing and positive social connections
- Personal growth and purpose in life.
- Being in the right space and feeling safe and cared for.

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