



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Tîm Anadlu Cymunedol Powys
Powys Community Respiratory Team
Bwrdd Iechyd Addysgu Powys
Powys Teaching Health Board

Cyngor a gwybodaeth ar sut i gefnogi clefyd rhwystrol cronig yr ysgyfaint (COPD)

Rydym yn ysgrifennu at bobl Powys gyda diagnosis COPD. i sicrhau eich bod yn ymwybodol o'r ystod o gyngor a'r gwybodaeth sydd ar gael i helpu rheoli eich cyflwr. Efallai y wyddoch yn barod am yr adnoddau hyn ond rydym yn argymhell eich bod yn treulio ychydig o amser i weld a yw'r wybodaeth o fudd i chi.

COPDhub GIG Cymru

Mae ap am ddim ar gael i unigolion ledled Cymru wedi cael ei chreu gan arbenigwr clinigol yn y maes COPD, gyda chymorth gan gleifion, i'ch helpu cadw'n iach. Mae ap COPDHUB GIG Cymru yn galluogi i chi:

- gadw trefn ar eich symptomau a chanlyniadau profion
- gwyllo fideos gan arbenigwr yng Nghymru
- cael gfael ar gyngor defnyddiol os yw eich symptomau yn newid neu'n gwaethygu

Efallai bod rhai ohonoch yn poeni nad ydych wedi cael eich gwiriad COPD blynyddol yn eich practis meddyg teulu. Mae'r gwiriad bellach ar ap COPDhub GIG Cymru, felly gallwch chi ei gwblhau ar eich amser chi. Bydd yr ap hefyd yn rhoi cyngor os oes angen i chi wneud rhywbeth ychwanegol.

Advice and information on how to support your COPD

We are writing to all Powys individuals with a diagnosis of COPD, to ensure that you are aware of the range of advice and information available to help you manage your condition. You may already know about some of these resources and we would recommend that you take some time to see if they can help you.

NHS Wales COPDhub

A free app is available for individuals across Wales and has been developed by clinical experts in COPD, with the help of patients, to enable you to stay well. The NHS Wales COPDhub app lets you:

- keep track of your symptoms and test results
- watch videos delivered by experts in Wales
- get helpful advice if your symptoms change or get worse

Some of you may be concerned that you have not had your annual COPD check at your GP practice. This check is built into the NHS Wales COPDhub app, so that you can complete this in your own time and the app will give you advice if there is anything that you need to do.

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Rydym yn croesawu gohebiaeth Gymraeg

Bwrdd Iechyd Addysgu Powys yw enw gweithredd Bwrdd Iechyd
Lleol Addysgu Powys



We welcome correspondence in Welsh
Powys Teaching Health Board is the operational name of Powys
Teaching Local Health Board

I lawrlwytho'r ap, sganiwch y cod isod:

Ar gyfer iPhone / iPad / iOS



To download the app, scan one of the QR codes below:

For iPhones / iPads / iOS



Ar gyfer dyfeisiau Android



For Android devices



neu chwiliwch am 'NHS Wales COPDhub' ar yr App Store neu Google Play

or search in the App Store or Google Play for 'NHS Wales COPDhub'

Adsefydlu Pwlmonaidd

Mae hyn yn rhaglen chwe wythnos sy'n cynnwys cymorth a gwybodaeth am eich cyflwr, yn ogystal â gweithgareddau wedi'u harwain i'ch helpu cyrraedd eich lefel ffitrwydd orau.

Pulmonary rehabilitation

This is a six-week programme that includes advice and information about your condition, as well as guided activities to help you achieve your best level of fitness.

Mae cyfle i ofyn cwestiynau, dysgu gan eraill sydd â symptomau tebyg a darganfod beth allwch chi yn wirioneddol wneud.

There is the opportunity to ask questions, learn from other people who have similar symptoms to you and find out just how much you can actually do.

Mae pobl eraill sydd wedi cwblhau'r rhaglen yn adrodd eu bod yn teimlo'n llawer fwy hyderus, yn gallu gwneud mwy a gwybod beth i'w gwneud os yw eu symptomau yn gwaethygu.

Other people who have already completed the programme report feeling more confident, being able to get out and about more, and knowing what to do if their symptoms get worse.

Mae rhai yn dweud fy mod i'n edrych yn iau ers y grŵp adsefydlu pwlmonaidd rhithiwr, rwyf wedi colli ychydig o bwysau, yn fwy egniol ac nid wyf bellach yn teimlo'n ofnus

I have been told I look younger since the virtual pulmonary rehab group, I have lost a few lb's, am more active and no longer feel scared

Ar hyn o bryd, mae ein rhaglennu adsefydlu pwlmonaidd yn cael eu darparu ar-lein er mwyn i chi gael mynediad o'ch cartref. Os nad oes gennych fynediad at gyfrifiadur neu llechen clyfar, yna gallwn eich cefnogi i fenthyg un a gallwn hefyd drefnu i rywun eich helpu i ddysgu sut i gael mynediad i'r rhaglen ar-lein.

Os oes gennych ddiddordeb mewn adsefydlu pwlmonaidd, hyd yn oed os ydych wedi cael mynediad i'r rhaglen yn barod ac ag awydd ymuno â'r grŵp eto, cysylltwch â Joanne Allen, Arweinydd Clinigol Anadlol BIAP, ar 07791 334079 - efallai y bydd angen i chi adael neges a bydd Jo yn cysylltu â chi cyn gynted ag y gall.

Mae sawl peth arall gallwch wneud y gaeaf hwn i gadw'n ddiogel. Cofiwch gael eich brechlyn atgyfnerthu COVID-19 a'r brechlyn ffliw. Cofiwch hefyd bod cadw pellter cymdeithasol a pharhau i wisgo gorchudd wyneb yn helpu diogelu chi, nid yn unig o COVID-19, ond o firysau anadlol eraill a'r ffliw.

Yr eiddoch yn gywir,

Tîm Anadlu Cymunedol Bwrdd Iechyd Addysgu Powys

At the moment, our pulmonary rehabilitation programmes are delivered online so you can access them from the comfort of your own home. If you don't have access to a computer or tablet, then we can support you to be loaned one and we can also arrange for someone to help you learn how to access the online programme.

If you would be interested in pulmonary rehabilitation, even if you have already accessed the programme before and would like to join a group again, please contact Joanne Allen, PTHB Respiratory Clinical Lead, on 07791 334079 – you may need to leave a voicemail and Jo will get back to you as soon as she can.

There are several other things you can do this winter to keep yourself safe. Don't forget the importance of getting your COVID-19 vaccine booster and your flu jab. Please also remember that social distancing and continuing to wear a face mask will help to protect you, from not only COVID-19, but also other respiratory viruses and flu.

Yours sincerely,

The Powys Teaching Health Board
Community Respiratory Team