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SURVIVAL QUIZ



What's the most important thing you need to survive in the wild?

Why should you try to avoid sleeping directly on the ground?

Why should you melt snow or ice before drinking it?

How can you determine the distance of an oncoming storm?

Which symptoms determine if you are experiencing severe dehydration?

Answers on our website
www.breathingmatters.co.uk

Can COVID-19 Cause Lung Fibrosis?

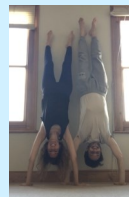
One of the questions that we at Breathing Matters want to answer is can COVID-19 give you pulmonary fibrosis? There are a few clues that this might be the case. Other coronaviruses such as Severe Acute Respiratory Syndrome (SARS) or Middle East Respiratory Syndrome (MERS) have been reported to cause PF in a small percentage of patients, but of course the numbers of patients affected by SARS-CoV-2, the virus that causes COVID-19, will be much greater so, even if only a small percentage are affected, the numbers may still be very large. Initial studies from China, Italy and the UK have remarkably similar findings.



Our own experience is that, of around 800 patients seen at UCLH with COVID-19, around 8% have persistent or slowly resolving CT changes at 5 months, suggestive of interstitial lung involvement. Our main priority at the moment is to analyse our data from the 'first wave' to see how common the development of interstitial lung disease or PF is in these patients, how much of the lung is affected and what the critical contributory factors are. It may be that this virus and the enormous numbers of patients that have been infected will shed some light on the pathogenesis of other ILD/PF diseases.

We will let you know as soon as we have reviewed all these patients and their scans. For more information, visit: <https://bit.ly/360ViLS>

Fundraising ... Virtually



Fundraising events have been a no-no this year due to the pandemic, but our amazing supporters have fundraised for us in different ways - virtually!

Here's a one minute round-up: On 26th April 2020, instead of the London Marathon, the '2.6' lockdown challenges included 2.6K/mile runs, walks and dog runs, 26x26 yoga poses, 2.6 litres of beer drunk in 2.6 seconds, 26 dances in 2.6 hours, 26 second handstands, 26 pony laps, 26 line poem, 26 keepy-uppies, 26 garden laps for a week, 2.6K cycle and many more—

raising a very apt £2,600! Team Breathing Matters got together for another fantastic Prudential My Ride London, cycling 100 miles in both France and the UK, raising over £1100. Other virtuals have included, a fancy dress Halloween 5K, the Great North Run Reimagined and an amazing lockdown Virtual Everest, climbing an incredible 58,070 steps which is over 4000 flights of stairs!!! Well done all of you—and thank you!!!



Bronchiectasis Fundraising Update, by Jane Walker

Usually at this time, I am well under way with preparations for the Christmas Concert, our main bronchiectasis fundraising event of the year, which last year raised over £4000 for research for Professor Brown's team at UCL. None of us imagined at the concert last year that, 3 months later, our lives would be transformed by a pandemic. In addition, normally by November, I would have run 5 or 6 fundraising stalls in the UCLH atrium. I miss seeing everyone at UCLH – some of our supporters come to every stall. Fortunately, I was able to do the annual St Valentine's Day stall on 14th February before the shutdown, and the stalls will restart as soon as possible in 2021. Whilst my fundraising activities were on hold, I set myself a fundraising challenge in May to walk 3 miles each day over 7 days. With my lung condition, I manage shorter distances, but I was determined to do a much longer walk every day as a fundraiser. My walks raised a superb sum of £1000 - I was very touched by everyone's kindness and generosity. We are very sad we can't be together for our concert this year; however, our friends in the Holst Singers are planning a virtual alternative and I will be in touch with further details closer to Christmas.



A very big thank you to our bronchiectasis family of friends and supporters! You can read Jane's full article here: <https://bit.ly/3397AQI>



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Breathing Matters
FIGHTING PULMONARY FIBROSIS AND INFECTION



www.breathingmatters.co.uk

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You can DONATE via www.justgiving.com/campaign/breathingmatters

A Jump to the Frontline, by Louise Beitverda



At UCLH, I lead a team of clinical and research Respiratory nurses. In March, as the numbers of hospital admissions for COVID-19 started increasing, it became clear that most non-COVID research would stop and our clinical responsibilities would change. Due to our Respiratory experience, we helped train over 100 clinicians on Continuous Positive Airway Pressure (CPAP) devices – a type of ventilation used to support patients in respiratory failure. One of the devices was the life-saving Ventura CPAP - designed by UCL very early on in the pandemic and sent to 30 different countries worldwide.

We then worked on the Respiratory High Dependency Unit (RH DU), supporting COVID-19 patients requiring CPAP. There were challenging aspects to working on the wards. Long shifts and night duties (after 16 years) took some getting used to. I re-discovered the energising effects of 'red bull' at 3am, although it didn't quite give me wings! Working in full PPE had its challenges too. Although we felt protected wearing it, it took time to 'don' on and 'doff' off, it was incredibly hot and the masks caused considerable discomfort. PPE made it difficult to identify people and we quickly started writing names on our gowns, and some even attached photographs. Barrier cream was supplied for our sore noses, and regular refreshment breaks were provided to allow staff to rehydrate; 2 hours was the maximum time it was comfortable to wear full PPE.

As a team, we will all have our individual memories of our time on RH DU. Some will be about the intensity of the situation and of caring for patients with severe breathlessness. However, many of these memories will be positive. It was lovely when patients were discharged and we were able to clap and say farewell to them. For me, a special moment was seeing a patient being interviewed on the BBC, discussing his recovery. I had been on duty the night he had arrived from Intensive Care, with a tracheostomy. It was incredible to think of the journey he had been on. It's rare that nurses find out what happens to patients after they have been discharged, so this was very uplifting.

Despite the difficult situation, there was a great sense of teamwork and everybody played a vital role. Whilst we cannot be sure what lies ahead, we will continue to contribute to the research agenda, as this is such a pivotal part of healthcare. Never has there been a time when research was more important. Research can and will save us from this fatal virus - there are now better treatments for COVID-19 than there were in March and there are new vaccines on the horizon, and very soon we will feel safe once more.

Read Louise's full story on our website: <https://bit.ly/3mfraC3>

FUNdraising Events and Inspirations

- Organise a 12 hour non-stop danceathon—do it online with friends, family or work colleagues!
- Organise a charity remote zoom-singalong, or Christmas Carolathon!!
- Ask a local school or club to support us.
- Join a virtual walk, a scoot, a cycle, a hop—be as outrageous or as simple as you dare—in the fresh outside air.
- Make us your Charity of the Year for 2021. Do you know any local businesses who could support us?

SANTA DASH or NEW YEAR RUN



Make It Seasonal

We have so many socially distanced virtual seasonal fun runs for you to challenge yourself, keep fit, and raise much needed funds at the same time.

You can do these with your family or your 'bubble'. There are prizes for the best dressed or the most money raised. And all come with goodie bags and fabulous medals!

More info at: <https://bit.ly/3mput9a>

CHALLENGE YOURSELF IN 2021



We work with two fabulous events partners—Run for Charity and Global Adventure Challenges who give our supporters access to an amazing range of fundraising events from the Brighton Marathon and the Royal Parks Half Marathon to trekking the Great Wall of China, the Inca Trail or to see the Northern Lights.

More info: <https://bit.ly/2zFd6fM>