



Ms Pauline Mohi

Patient

Pulmonary Rehabilitation Working Group

Friday, August 12, 2016

(Plenary)

17:50 - 18:10 The Patient Journey



this is my life

Pauline Mohi

Canterbury woman takes out national respiratory award

An inspirational Canterbury woman has taken out a national respiratory award.



Christchurch grandmother Pauline Mohi was presented with a Respiratory Achievers Award at the New Zealand Respiratory Awards, held Friday 15 April at Te Papa Wellington.

Pauline has Chronic Obstructive Pulmonary Disease (COPD), a lung condition that causes shortness of breath and coughing.

Community Respiratory Nurse Louise Weatherall says Pauline has been a role model for living a full life despite the respiratory condition ever since she was diagnosed with it 25 years after giving up smoking.

“She not only actively manages her COPD, but also plays an active role in influencing respiratory health programmes in Canterbury, and supporting others with the condition.

When Pauline was diagnosed, she participated in one of our free Community Pulmonary Rehabilitation Programmes. She's now dedicated herself to supporting others with COPD, Louise says.

In Canterbury, consumers play an important role in the transformation of health services and this award not only recognises Pauline's commitment to living a full life despite her COPD, but



"Lots of normal everyday things are an effort, but it doesn't mean that you can't do them and that you shouldn't do them."

Pauline Mohi

*Respiratory Achievers Award winner &
Chair of the Canterbury Community
Pulmonary Rehab Consumer Group*





15/04/2016 18:53



A large, stylized pink heart shape serves as the background for the text. It is filled with intricate white floral and vine patterns that swirl around the edges and fill the interior. The heart is centered on a white background.

My Grandkids

MAY NOT ALWAYS
BE BY MY SIDE
BUT THEY'RE

Forever & Always

IN MY HEART

























03/06/2016 18:34





World COPD Day 2014





Patients mount war against COPD

By ABELLE WONG

New Zealand's fourth leading cause of death is facing battle from its Canterbury victims.

The relatively unknown, but deadly illness is chronic obstructive pulmonary disease (COPD), and affects about 25 per cent of Kiwis over 45.

The Canterbury Clinical Network respiratory services joined forces with sufferers and their supporters last week for World COPD Day, and marched through Hagley Park to raise awareness of the condition.

Rangiora resident Irene Allen was shocked to be told she had COPD. Although 85 per cent of sufferers are smokers, she considered herself a social smoker.

"I was surprised. It was really lonely, sitting at home with a respiratory disease and not really knowing what was happening," she said.

Having COPD is challenging, because it's a 'hidden disease', and to look at, she appears healthy.

To combat the loneliness and physical effects of her condition, she attends and runs community pulmonary rehabilitation classes, exercising with others who have COPD. Surprisingly, exercise greatly reduces the wheeziness and breathlessness of COPD.

Louise Weatherall, who is a community respiratory services



Chronic case: Rangiora's Irene Allen, middle, marches with others in Hagley Park, in Christchurch, to raise awareness for chronic obstructive pulmonary disease, the fourth leading cause of death in New Zealand.

nurses, said COPD often goes undiagnosed.

"A COPD sufferer can lose up to half of their lung function by the time they are diagnosed.

"With research suggesting that up to 11 per cent of the New Zealand population may be living with undiagnosed COPD, this is not good for the health of our

country." She said increased public awareness is essential.

"While there is no cure, you are not alone and there are things you can do to improve your quality of

life. There are other people with COPD who can show you how to lead an active and full life".

Email info@ccnw.co.nz.



**"YOUR
HEALTH IS
IN YOUR
HANDS"**

Pauline Mohi
COPD Achievers Award winner



A few years ago, Pauline Mohi didn't think her future looked bright. The Christchurch grandmother struggled to do everyday tasks and had all but given up on her beloved garden. But thanks to a community-based programme offered close to her home, Pauline isn't letting her breathing difficulties stop her anymore. **[CLICK TO READ HER STORY](#)**



World COPD Day 2015





Smoking era left thousands of baby boomers with disease

CATE BROUGHTON

Last updated 19:17, May 29 2016



ALDEN WILLIAMS/FAIRFAX NZ

Pauline Mohi, 72, started smoking at 16 while a nurse aid at Burwood Hospital, Christchurch. She uses exercise to keep a respiratory disease at bay.

Christchurch woman Pauline Mohi, 72, remembers a time when smoking was so acceptable you could smoke with your doctor.

"You smoked in the doctor's office with a big full ashtray sitting on the desk...it was lollies for the kids and cigarettes for the adults."

Since then a revolution in attitudes has taken place, leaving smokers and ex-smokers like Mohi battling the health effects of a long-term habit along with a sense of shame.

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