

Conference Delegate Pack

NHS Lothian

Respiratory Managed Clinical Network

Professional Education Conference

Wednesday 31st January 2024

9am – 4pm



Welcome

We are delighted to welcome you to the Respiratory Managed Clinical Network (MCN) Professional Education Conference 2024.

We would like to thank all the presenters for being here today and sharing updates from their specialist fields.

In this pack you will find:

- Floor plan to find your way around
- Conference programme
- Introduction to conference speakers
- Respiratory resources
- Giveaways:
 - NHS Lothian Inhaler Training Guide – Document
 - NHS Lothian Improve your inhaler technique – Patient Information Poster

About us

The Respiratory Managed Clinical Network (MCN) is a group of Healthcare Professionals and lay people who work together to develop and improve the care delivered to patients in Lothian.

The purpose of the Respiratory MCN is to:

- Oversee and support co-ordination, planning and development of Respiratory Services across primary and secondary care in Lothian.
- Bring together key stakeholders to seek to improve the quality and efficiency of respiratory services across the Lothian Health and Care system.
- Work together across boundaries to deliver safe, effective and person-centered care with the aim of supporting people with respiratory illnesses to live well.

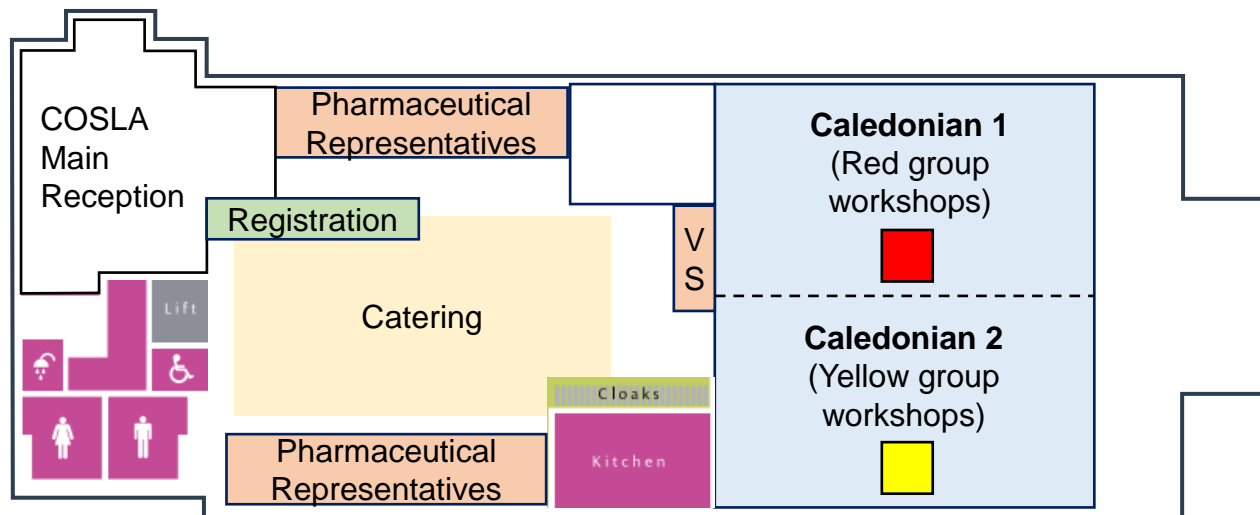
Scan the QR code to find out more about the MCN on our website.



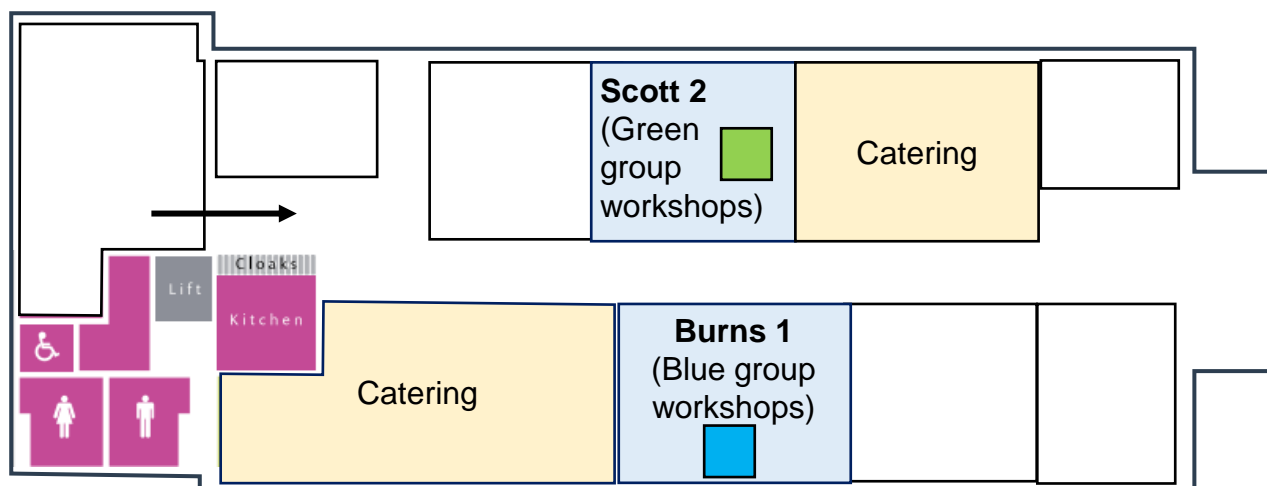


Finding your way around

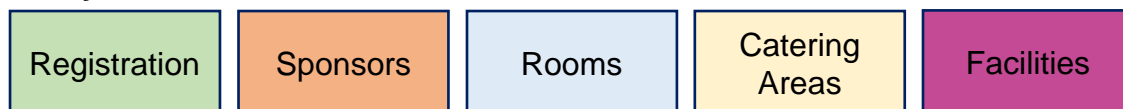
Ground Floor



First Floor



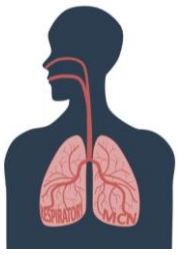
Key:



Your emergency contact

Name: Natalie Martin, MCN Coordinator

Telephone Number: 07773745307

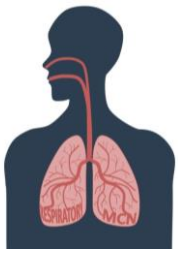


NHS Lothian Respiratory Managed Clinical Network Professional Education Conference Wednesday 31st January 2024



Programme

| Timings | Topic | Speaker |
|---------|---|--|
| 8:30am | Delegate Arrival & Registration | |
| 9am | Welcome & Introductions | Dr Gourab Choudhury & Elspeth Christie |
| 9:10am | Precision Pathway: Meeting the unmet need in severe asthma | Dr Tracey Bradshaw |
| 9:40am | Updates on COPD Guidelines: Whom to Treat, When to Treat, How to Treat | Dr Gourab Choudhury |
| 10:10am | Role of palliative medical approach in advance chronic respiratory conditions | Dr Rebecca Dickinson |
| 10:40am | Morning Break | |
| 10:55am | Workshops | Further details available on page 5 |
| 11:55am | Lunch | |
| 12:45pm | Workshops | Further details available on page 5 |
| 1:45pm | Afternoon Break | |
| 2pm | Updates in Interstitial Lung Disease | Dr Lisa Nicol |
| 2:30pm | Management of psychological needs of people living with chronic lung conditions | Dr Fabia Ciantanni & Dr Shona Brown |
| 3pm | Bronchiectasis | Dr Adam Hill |
| 3:30pm | Closing Remarks & Evaluation | Dr Gourab Choudhury & Elspeth Christie |



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Workshops

The colour on your name badge correlates to the room you will attend for your workshops.



Caledonian 1
 Burns 1



Caledonian 2
 Scott 2

Workshop

Speaker

Timings: 10:55-11:25 / 11:25-11:55 / Lunch / 12:45-13:15 / 13:15-13:45

| | |
|---|---|
| Inhaler Technique | Elspeth Christie, Colette Lamb & Joanna Hutchison |
| Greener Respiratory Prescribing | Katie Johnston & Kate Mitchell |
| Quit Your Way: Understanding Smokers, The Quit Journey and How to Refer | Alexis Rumbles & Robbie Preece |
| Chest Clearance | Jill Gill & Hannah Little |

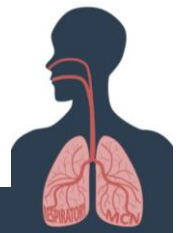
Delegates will have an opportunity to attend all workshops listed above. The workshop leads will rotate around each area.

This event has been supported by the companies below through the purchase of exhibition space only and they have had no input into the educational content.



TRUDELL MEDICAL
 UK LIMITED





Introduction to conference speakers



Dr Tracey Bradshaw

Dr Tracey Bradshaw graduated from the University of Aberdeen and completed her respiratory specialist training in Edinburgh, during which time she carried out research into non-invasive inflammatory markers in asthma.

Tracey has been a consultant in Respiratory Medicine at the Royal Infirmary of Edinburgh since 2009 and has developed and lead the Lothian Severe Asthma Service.

Since 2015, she has been Training Programme Director for Respiratory Medicine in SE Scotland and was appointed as Associate Postgraduate Dean for Quality in 2023.

Tracey is clinical lead for asthma for the Scottish Respiratory Care Action Plan and a member of the Scottish Government Respiratory Advisory Group.



Dr Gourab Choudhury

Dr Choudhury is currently working as a Respiratory Consultant in the Royal Infirmary of Edinburgh. He leads the Emphysema COPD service and chairs the Respiratory Managed Clinical Network Lead in NHS Lothian. He is also the current co-chair for the National Respiratory Unscheduled Care Group for Scottish Government aiming to improve the unscheduled care model for Respiratory Medicine across Scotland. He currently leads all clinical and translational research in COPD in Edinburgh and was awarded with the “Best Doctor” award in 2021 for his outstanding contribution to Respiratory Medicine by the Scottish Government.



Dr Rebecca Dickinson

Dr Rebecca Dickinson is a Consultant in Respiratory and General Medicine at St John’s Hospital (SJH), West Lothian. She has a specialist interest in Complex Airways disease especially COPD, and supporting patients living with end stage respiratory disease. Since taking up her consultant post at SJH in 2020, she has led the WL COPD service and WL Integrated Respiratory team. She has also established the WL Respiratory Hospital@Home service and WL Respiratory/Marie Curie palliative care MDT for patients living with end stage respiratory disease. She has an interest in research and was awarded her PhD in Respiratory Medicine in 2017 for investigating the role of hypoxia in determining outcomes in pneumonia and chronic respiratory conditions under the supervision of Professors Moira Whyte and Sarah Walmsley at the Queen’s Medical Research Institute, University of Edinburgh.



Introduction to conference speakers



Dr Lisa Nicol

Dr Lisa Nicol is a Consultant in Respiratory and General Medicine at the Royal Infirmary of Edinburgh. She was awarded a Doctor of Medicine in 2018 after investigating the diagnostic and prognostic value of current phenotyping methods and novel molecular markers in idiopathic pulmonary fibrosis under the supervision of Dr Nik Hirani at the Queens Medical Research Institute, University of Edinburgh. She has a keen interest in idiopathic pulmonary fibrosis and has presented her work at a number of international conferences. She joined the ILD team on taking up her Consultant appointment in April 2019, and has ongoing contributions towards research and teaching responsibilities alongside clinical care. Dr Nicol is thrilled to be the ILD Lead for the MCN and is looking forward to facilitating ongoing communication and collaborations between primary and secondary care to improve patient care and outcomes.



Dr Fabia Cientanni

Fabia joined the Edinburgh Community Respiratory Team based at the Astley Ainslie Hospital as a Clinical Psychologist in April 2020. She supports patients living with COPD in Edinburgh city (0.6 WTE) and is currently covering the Cystic Fibrosis Psychology Service based on ward 54 at the Western General Hospital (0.4 WTE). Fabia also worked on setting up a new Respiratory Psychology Service at the Victoria Hospital NHS Fife (2021-23), and she provides teaching at the Universities of Edinburgh and St Andrews on the psychological management of respiratory issues.



Introduction to conference speakers



Dr Shona Brown

Dr Shona Brown is a Clinical Psychologist working in the Midlothian Community Respiratory Team. Shona completed her undergraduate degree and her Doctorate in Clinical Psychology at the University of Edinburgh. She has worked in various settings as a psychologist and has an interest in the role of psychology in helping people to cope with the impact of COPD on their lives.



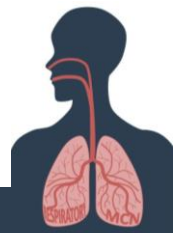
Professor Adam Hill

Professor Adam Hill is an Honorary Consultant Chest Physician at the Royal Infirmary and University of Edinburgh and Dean of Post Graduate Medicine NHS Education for Scotland. He has a special interest in Bronchiectasis and is actively involved in clinical and translational research in respiratory infection. He Chairs the British Thoracic Society Standards of Care Committee.



Elsbeth Christie

Elsbeth trained at Queen Margret University, then worked as a staff nurse in General Medicine before moving to Respiratory Medicine at the RIE in 2000. She was a Deputy Charge Nurse on ward 204 before moving to the Respiratory Nurse Specialist Service. During her time on the ward, Elspeth studied for a BSc in Palliative Care, and since moving to the RNS team has completed her ANP course, and acts as an independent prescriber. She currently works as an ANP, and is involved in education through the CDM, and prescribing courses. Elspeth is the RNS team lead at the RIE.



Introduction to conference speakers



Colette Lamb

Colette completed her nurse training in York, which she started in 1984, and moved to Edinburgh in 1989. She has been a Respiratory Nurse Specialist (RNS) at the Royal Infirmary of Edinburgh since 1996 and an independent nurse prescriber for 16 years. Colette is currently the lead RNS for COPD and oxygen and will be undertaking a secondment with regards to oxygen usage across Lothian. She runs a nurse-led clinic in East Lothian every fortnight and has an interest in end-of-life care for COPD patients.



Katie Johnston

Katie is a lead primary care pharmacist in SW Edinburgh as well as the NHS Lothian primary care respiratory lead pharmacist. She is an active member of the Lothian Respiratory MCN, chairs the Lothian Respiratory Strategy group, teaches on the Lothian Respiratory asthma and COPD diploma course and works one day a week as an independent prescriber in a respiratory clinic in a GP practice. She has worked as a primary care pharmacist for over 20 years having previously worked in both community and hospital pharmacy. She however began her career in the pharmaceutical industry. She is passionate about improving respiratory care and likes to focus on getting the basics right first.



Kate Mitchell

Kate is a medical education fellow with a special interest in environmental sustainability. She hopes to support staff across NHS Lothian to find out more about environmentally sustainable healthcare and work towards the goal of zero carbon emissions. Kate is nearing the end of Emergency Medicine training and has previously spent several years working in medical education.



Introduction to conference speakers



Alexis Rumbles

Alexis is part of NHS Lothian's Quit Your Way team and is the Manager of the service across the 4 acute sites within Lothian. Alexis commenced delivering smoking cessation advice as a midwife and coronary care nurse advising patients regarding the benefits of cessation to improve health outcomes. My passion since I joined Quit Your Way is seeing our patients succeed and feel the benefits of stopping smoking. I was motivated to complete my Bsc at Glasgow Caledonian University to upskill and completed modules to support health behaviour change. I also love teaching Pilates in my own time.



Robbie Preece

Robbie has worked in tobacco control for over twenty years across Scotland in a number of different Health Boards. His current role in NHS Lothian since 2020 has been to manage and set the strategic direction for the cessation service as well as aspects of the wider tobacco control activity. Robbie recently was part of a small national group undertaking a review of cessation services across Scotland and is currently leading on aspects of the implementation of some of the recommendations from this review. Robbie previously worked in similar roles in both NHS Tayside and NHS Greater Glasgow and Clyde where he was the lead for tobacco control. he started his tobacco control journey way back at the end of the last century in NHS Grampian undertaking research around men, low income and tobacco use in community settings.



Hannah Little and Jill Gill

Hannah Little and Jill Gill are physiotherapists working within Respiratory Medicine at the Royal Infirmary of Edinburgh. The team work across both inpatients and outpatients delivering respiratory physiotherapy advice to patients with chronic lung conditions.

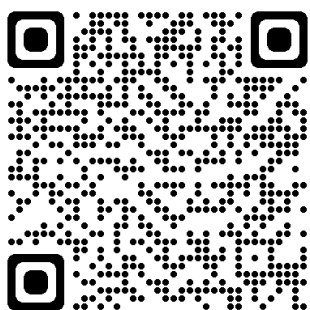


Respiratory Resources

The following section will provide you with information on Continued Professional Development (CPD), referral information for Primary Care, Inhaler Resources and additional Patient Resources, **each resource can be accessed by scanning the QR code or by typing the links into your browser and saving these as a bookmark.**

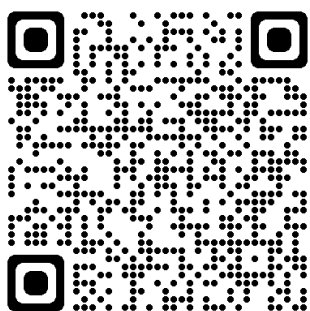
This resource section of this delegate pack will be shared with delegates following the conference.

Continued Professional Development



Respiratory Education to Support Professionals through eLearning (funded by the Scottish Government and developed in collaboration with NHS Scotland respiratory clinicians, Chest Heart & Stroke Scotland and the University of Edinburgh) is a free e-learning resource which provides a basic knowledge of common respiratory conditions.

<https://respelearning.scot/>



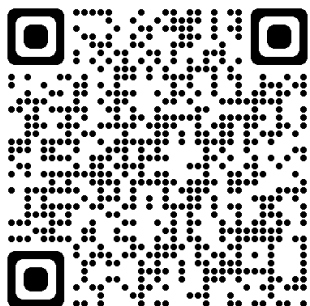
Education via RefHelp includes RefTalks (1 hour evening webinar) and RefBites (5-10 minute education videos)

<https://apps.nhslothian.scot/refhelp/education/>



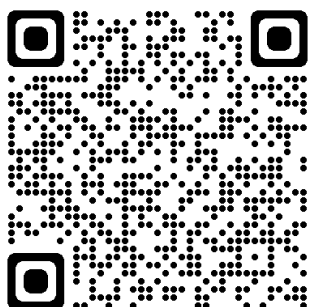
Respiratory Resources

Continued Professional Development



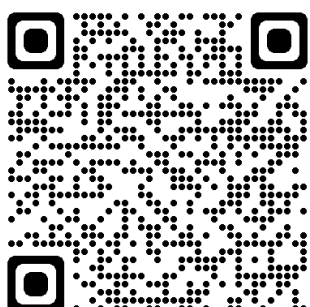
PCRS Respiratory Conference 2024 for Healthcare Professionals working in Primary Care will be held on 19th-21st September 2024 in Telford.

<https://www.pcrs-uk.org/news/pcrs-2024-save-date>



7th World Bronchiectasis Conference will be held on 4th – 6th July 2024 at the University of Dundee.

<https://www.world-bronchiectasis-conference.org/2024/>



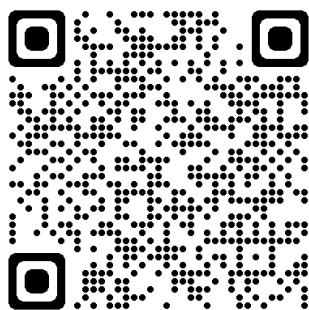
Physiotherapy for Breathing Pattern Disorders provides Healthcare Professionals with breathing retraining resources for assessment and treatment of breathing pattern disorders.

<https://www.physiotherapyforbpd.org.uk>



Respiratory Resources

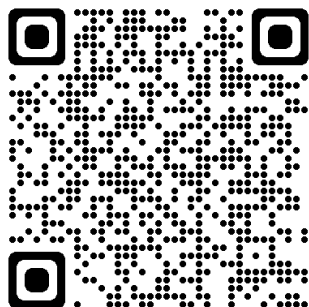
Referral Information for Primary Care



RefHelp Respiratory Guidance

Information on referring to respiratory services in Lothian, including advice only.

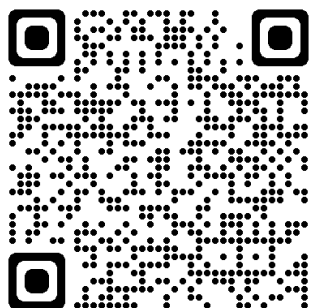
<https://apps.nhsllothian.scot/refhelp/guidelines/respiratory/>



RefHelp Asthma Referral Guidance

Information on asthma services in Lothian including diagnosis and referral criteria.

<https://apps.nhsllothian.scot/refhelp/guidelines/respiratory/asthma>



RefHelp Bronchiectasis Referral Guidance

Information on bronchiectasis and its referral criteria.

<https://apps.nhsllothian.scot/refhelp/guidelines/respiratory/bronchiectasis>



Respiratory Resources

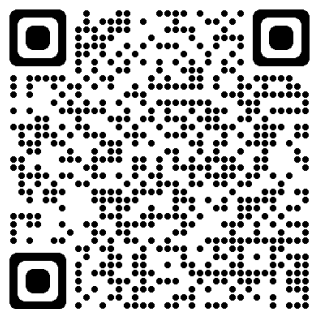
Referral Information for Primary Care



RefHelp Chronic Obstructive Pulmonary Disease (COPD) Referral Guidance

Information on diagnosing new cases of COPD and indications of hospital assessment or admission for exacerbations.

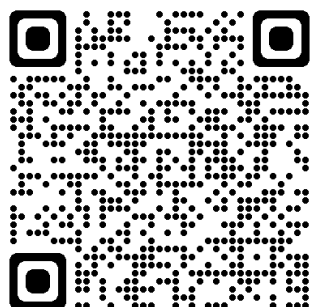
<https://apps.nhsllothian.scot/refhelp/guidelines/respiratory/chronicobstructivepulmonarydisease>



RefHelp ILD Referral Guidance

Information on ILD services, Sarcoidosis and Interstitial Lung Disease.

<https://apps.nhsllothian.scot/refhelp/guidelines/respiratory/interstitiallungdisease>



RefHelp Sleep Disorders Referral Guidance

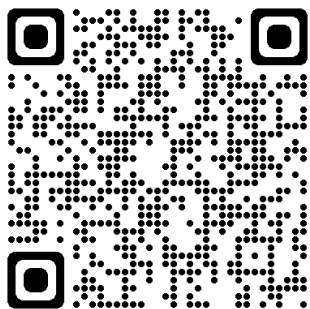
Information on sleep services.

<https://apps.nhsllothian.scot/refhelp/guidelines/respiratory/sleepdisorders>



Respiratory Resources

Inhaler Resources



Online Inhaler Videos from Asthma + Lung UK suitable for patients or healthcare professionals.

<https://www.asthmaandlung.org.uk/living-with/inhaler-videos>



NHS Lothian Inhaler Training Guide developed and approved by Lothian Respiratory MCN for Healthcare Professional use in assessing inhaler technique.

<https://services.nhslothian.scot/respiratory/wp-content/uploads/sites/30/2024/01/NHS-Lothian-Inhaler-Training-Guide-Dec-2023.pdf>



NHS Lothian 'Guidance on Inhaled Therapies' for Asthma and COPD developed and approved by Lothian Respiratory MCN for Healthcare Professional use in prescribing of inhalers on the formulary.

<https://services.nhslothian.scot/respiratory/wp-content/uploads/sites/30/2024/01/Improve-your-inhaler-technique-Patient-Poster.pdf>



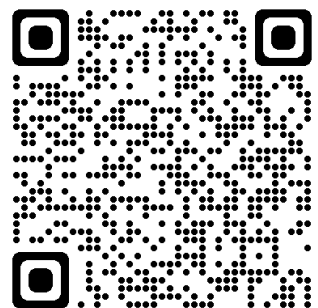
Respiratory Resources

Smoking and Vaping



Quit Your Way Scotland is an advice and support service for anyone trying to stop smoking in Scotland.

<https://www.nhsinform.scot/care-support-and-rights/nhs-services/helplines/quit-your-way-scotland>



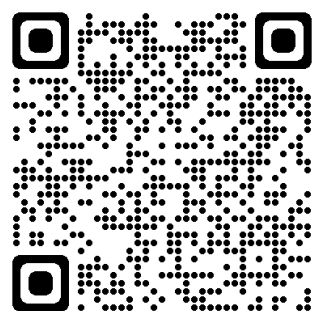
ASH Scotland is a charity working to bring about a healthier Scotland, free from the harms of tobacco and related products. On their website you can find information on working with young people, getting support and more.

<https://ashscotland.org.uk/>



Smoking and COPD is a patient leaflet with information on the effects of smoking on your lungs and breathing.

[https://policyonline.nhslothian.scot/wp-content/uploads/2023/03/Quit Your Way-Smoking and COPD.pdf](https://policyonline.nhslothian.scot/wp-content/uploads/2023/03/Quit_Your_Way-Smoking_and_COPD.pdf)



Vaping addiction soon takes hold is a current campaign by the Scottish Government to highlight the effects of the nicotine contained in vapes.

<https://www.nhsinform.scot/campaigns/vaping/>



Respiratory Resources

Patient Resources



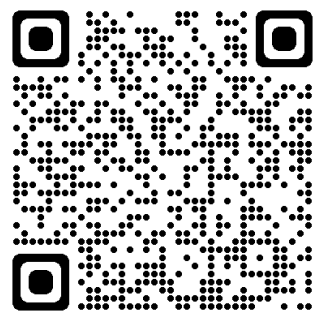
Asthma Self-Management Plan has been reviewed by the Respiratory MCN Asthma subgroup and the electronic version is now live.

https://policyonline.nhsllothian.scot/wp-content/uploads/2023/03/Asthma_self_management_plan_adult.pdf



COPD Self-Management Plan has been reviewed by the Respiratory MCN COPD subgroup and the electronic version is now live.

https://policyonline.nhsllothian.scot/wp-content/uploads/2023/03/COPD_Self_Management_Plan.pdf



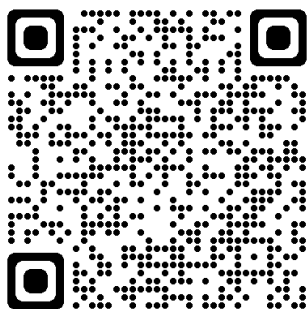
NHS Lothian Patient Information Leaflets are held on Policy Online. You can enter keywords into the search box to find Patient Information Leaflets, factsheets and videos of your choice to share with patients.

<https://policyonline.nhsllothian.scot/patient-information/>



Respiratory Resources

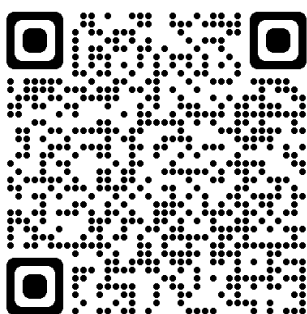
Patient Resources



Bronchiectasis – a patient guide to managing and living with bronchiectasis is an online resource developed by NHS Lothian in collaboration with The University of Edinburgh. The website contains information for patients on bronchiectasis facts and treatment including patient stories and details of support groups.

<https://www.bronchiectasis.scot.nhs.uk/>

Respiratory Strategies



Respiratory Care Action Plan 2021 – 2026 (RCAP) published in March 2021 sets out the Scottish Governments vision for driving improvement in the prevention, diagnosis and care, treatment and support of people living with respiratory conditions in Scotland.

<https://www.gov.scot/publications/respiratory-care-action-plan-scotland-2021-2026/>



Lothian Strategic Development Framework (LSDF) describes what we in Lothian are trying to achieve, our current situation, the challenges we face and the direction of travel we propose to take.

<https://org.nhsllothian.scot/strategies/strategic-development-framework/>