

NHS Lothian Respiratory Managed Clinical Network (MCN) Newsletter

Relaunch of the Respiratory MCN

Welcome to the 8th edition of the Respiratory MCN Newsletter.

The Respiratory Managed Clinical Network (MCN) was relaunched in June 2023 following a period of underactivity resulting from the covid-19 pandemic. The quarterly network meetings have resumed, with the next one scheduled on 12th December and the registration for our professional education event in January is now live. You can find more details about the event on [page 2](#).

If you have any article suggestions for the next newsletter, or wish to be added to the network membership please email:

natalie.martin@nhslothian.scot.nhs.uk

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Prescribing & Referral Guidance

Update on 'Guidance on Inhaled Therapies' Posters, Respiratory Physiology Update, Quit Your Way and Guides to Vaccinations in Respiratory Disease (Adults and Children)

Tools & Resources

Update on Self Management Plans, Breathing Retraining resources, World COPD Day

News & Further Information

Below is some examples of the good work that has been happening this year:

RefTalks TB and Lung Cancer

In March this year, our very own Dr Anna Lithgow and Dr Phil Reid presented a RefTalk session on TB in 2023 and Lung Cancer – Referrals & Outcomes.

[View the webinar](#)

Respiratory Physiology Services Awarded at this year's ARTP Conference

In August, we congratulated our paediatric physiology colleagues on winning not only one, but three awards!

[Read the full story](#)

Environmental Sustainability Webinar

In September, Katie Johnston presented a webinar, alongside NHS Lothian colleagues on the challenges and opportunities of the National Respiratory Prescribing Strategy.

[View the webinar](#)

ACT on COPD Best Practice Report Launch

In early October, Dr Gourab Choudhury, MCN Clinical Lead and Chair of ACT on COPD shared the COPD Best Practice Report alongside colleagues from AstraZeneca and various NHS Boards.

[Find out more about ACT on COPD](#)

Midlothian's Community Respiratory Team (CRT) on BBC Reporting Scotland

In October, BBC Scotland spent a day with Midlothian's CRT to see how the team is delivering care to patients in their own home, supporting them to self-manage and helping to keep them out of hospital.

You can read more **online**, listen on **radio** (starts at 46.09) or watch the broadcast piece below. A huge well done to the team!

[Midlothian's Community Respiratory Team \(CRT\) on BBC Reporting Scotland \(aired 10 October 2023\) \(vimeo.com\)](#)

Referral information for Lothian's three CRT's can be found on [RefHelp](#).

Continued Professional Development

Save the Date: NHS Lothian Respiratory MCN Professional Education Conference 2024

The Respiratory MCN is delighted to inform you that we will be hosting an in-person education event, for NHS Lothian Healthcare Professionals who provide care for patients with respiratory illness, on **Wednesday 31st January 2024**.

Topics include Asthma, COPD, bronchiectasis, ILD, management of physiological needs and the role of palliative medical approach. You will also have the opportunity attend all four workshops:

- Inhaler Technique
- Greener Pharmacy Prescribing
- Quit Your Way: Understanding Smokers, The Quit Journey and How to Refer
- Breathing Retraining and Chest Clearance

If you wish to join us for a day of professional education in respiratory diagnosis, care and management please register on our website.

[Click here to Register](#)

<http://services.nhslothian.scot/respiratory/respiratory-professional-education-conference-2024>



SAVE the DATE! 2024



Respiratory MCN Professional Education Conference

Wednesday 31st January 2024

COSLA CONFERENCE CENTRE | Haymarket, Edinburgh
Lunch included

Save the Date: 7th World Bronchiectasis Conference 2024



WORLD BRONCHIECTASIS CONFERENCE

Save the Date / 4th—6th July 2024 / Dundee



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

Save the Date: Primary Care Respiratory Society (PCRS) Conference 2024



SAVE THE DATE

19th—21st September 2024

Telford International Centre



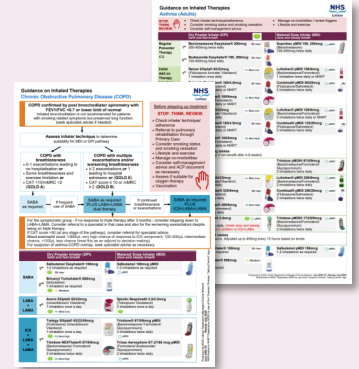
<https://www.pcrs-uk.org/news/pcrs-2024-save-date>

Update on 'Guidance on Inhaled Therapies' Posters

We are delighted to let you know that the review of the 'Guidance on Inhaled Therapies' posters, for Asthma and COPD inhaler prescribing is well underway.

We are awaiting an outcome from formulary discussions in December and it is our intention that the guidance posters will be printed and distributed by the new year.

Once available, the posters will be distributed throughout Lothian and electronic versions will be available on the MCN website.



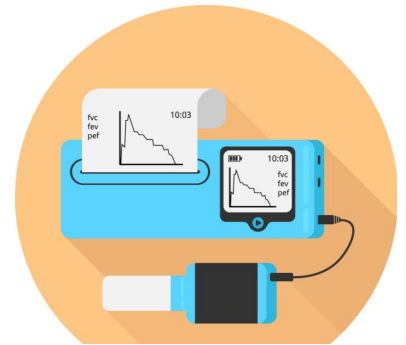
Respiratory Physiology Pressures

Respiratory Physiology is currently facing challenges across Scotland.

In Lothian, there are ongoing workforce issues and the Respiratory Physiology Department have advised that there is a growing waiting list.

The wait for an appointment, pre-covid, was 3-4 weeks, patients are now waiting over 3 months for an appointment (a large percentage are waiting for simple spirometry and FeNO tests). Unfortunately it is unlikely that acute sites will go back to multiple patient testing in single rooms which is compounding the issue.

The MCN are in discussions with both Primary and Secondary Care teams about how best to support the service.



QUIT YOUR WAY

Quit Your Way is a support service for anyone trying to stop smoking tobacco.

If you smoke, stopping smoking is the best thing you can do to improve your physical and mental health. When you get support to stop smoking from Quit Your Way, you are more likely to quit tobacco and stay stopped.

Quit Your Way practitioners will work with you to work on motivation to quit, offering advice and support, they can also arrange Nicotine Replacement Therapy (NRT) through your local pharmacy.



For support you can visit the website below and self-refer via the green "click to be contacted" button: <https://tinyurl.com/qywlothian>

Alternatively, you can phone your local office:



East & Midlothian
0131 537 9914

West Lothian
01506 651 829

Edinburgh
0131 286 5113



Scan to
self-refer

Information for Healthcare Professionals

If your patient would like to be referred for support to quit, you can email your **patients name, CHI and ward number/department to:** quityourwayservicenhslothian@nhslothian.scot.nhs.uk

A guide to vaccination eligibility in respiratory disease - Adults

In order to avoid morbidity and mortality it is extremely important that people with eligible respiratory conditions take up appropriate vaccines. Please remind eligible patients at all opportunities. The trusted professional relationship is what makes the difference. Thank you for your support.



Influenza (Flu)



COVID-19



Pneumococcal

Note: Patients who are immunosuppressed due to regular systemic steroid use may also be eligible for vaccines under 'immunosuppression' criteria

Asthma



Flu

Eligible if patient is over 50 years **or** requires continuous or repeated use of inhaled or systemic steroids or with any previous asthma exacerbations requiring hospital admission



COVID-19

Eligible if patient had ≥ 2 courses of oral corticosteroids in the preceding 24 months or continuous oral steroid use **or** ≥ 1 asthma-related hospital admission in the preceding 24 months

In relation to respiratory disease, people who only use reliever inhalers (eg. salbutamol) or who **do not require** continuous or repeated use of steroids (inhaled or systemic) are **not** eligible for either COVID, flu or pneumococcal vaccination, within the 'at-risk' cohort.



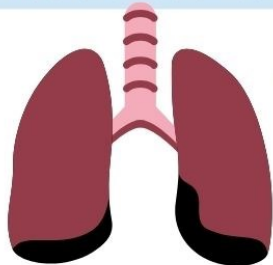
Asthma is **not** an indication for pneumococcal vaccine unless so severe as to require frequent or continuous use of systemic steroids

Chronic Obstructive Pulmonary Disease (COPD)



Note: Chronic bronchitis & Emphysema sit under the umbrella term COPD

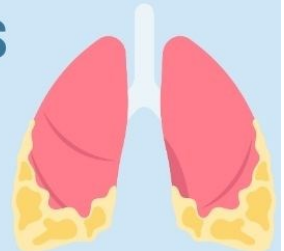
Pneumoconiosis



Interstitial lung fibrosis



Cystic Fibrosis



Bronchiectasis



Bronchopulmonary dysplasia



A guide to vaccination eligibility in respiratory disease - children



It is extremely important that people with eligible respiratory conditions take up appropriate vaccines. Please remind eligible patients at all opportunities. The trusted professional relationship is what makes the difference. Thank you for your support



Influenza (Flu)



COVID-19



Pneumococcal

Note: Patients who are immunosuppressed due to regular systemic steroid use may also be eligible for vaccines under 'immunosuppression' criteria.

Asthma



Flu

Eligibility: children 6 months to 2 years 'at risk' & from 2 years to high school



COVID-19

Eligible if patient had ≥ 2 courses of oral corticosteroids in the preceding 24 months or continuous oral steroid use **or** ≥ 1 asthma-related hospital admission in the preceding 24 months

People who only use **reliever** inhalers (eg. salbutamol) or who **do not require** continuous or repeated use of steroids (inhaled or systemic) are **not** eligible for either COVID or pneumococcal vaccination (unless they have other underlying health conditions)



Asthma is **not** an indication for additional pneumococcal vaccine unless so severe as to require frequent or continuous use of systemic steroids.

Cystic Fibrosis



Bronchopulmonary dysplasia



Emphysema



Ciliary dyskinesias



Previously admitted to hospital with LRTI



Neurological disease that can cause aspiration, (eg. cerebral palsy)



Bronchiectasis

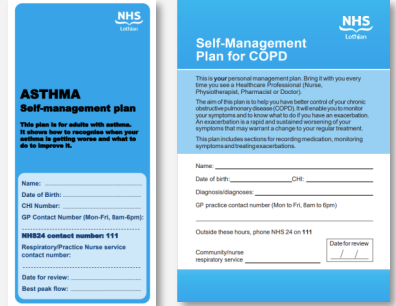


NOTE

This list refers to common respiratory diseases outlined in the Green Book. It is not exhaustive, and serves as a **prompt** to encourage uptake. Children may also be eligible for all vaccines highlighted for other clinical reasons.

Update on Respiratory Self-Management Plans for Patients

The **NHS Lothian Adult Asthma and COPD Self-Management Plans** are currently out of stock and have been reviewed by the Respiratory MCN over recent months. The final drafts have been sent to the Patient Information team for review and print quotes so please be assured that these leaflets are coming soon. We hope the leaflets will go to print by the end of November.



Asthma + Lung UK also provide the following resources:
(Clicking a resource below will take you to Asthma & Lung UK's website.)



<http://shop.asthmaandlung.org.uk/collections/health-advice-resources>



If you are aware of these resources and find them useful, we would welcome any feedback which will aid our discussions about the future provision of self-management plans in Lothian.

Breathing Retraining Resources

Breathing retraining can help your patient to optimise their breathing pattern and reduce their breathlessness and any other associated symptoms.

There are excellent breathing retraining resources for patients and healthcare professionals available from “Physiotherapy for Breathing Pattern Disorders”. The Breathing Retraining Service would like to share and encourage the use of the following resource for patients and clinicians, without the ability to refer into the current service.



www.physiotherapyforbpd.org.uk

Information about local Breathing Retraining Services

Royal Infirmary of Edinburgh

Patients who are known to an RIE Respiratory Consultant can access Breathing Retraining for patients deemed to have a dysfunctional breathing pattern unexplained or disproportionate to their diagnosis of lung disease or other comorbidities.

Western General Hospital & St John's Hospital

Unfortunately there is currently no service at WGH at present and the service at St John's is limited. Please do make use of the excellent resource above.

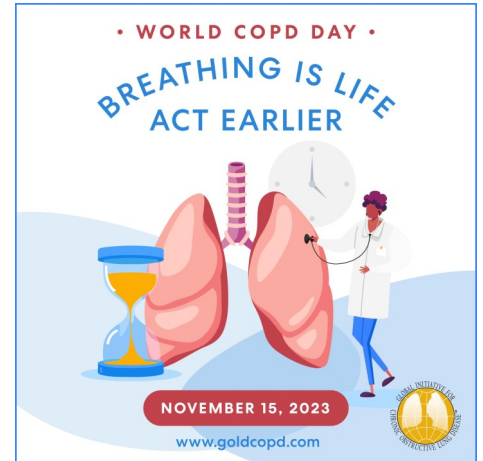
WORLD COPD DAY—Wednesday 15th November

World COPD Day is organised by the Global Initiative for Chronic Obstructive Pulmonary Disease (GOLD) with support from Healthcare Professionals and Patient groups.

The theme for this years World COPD Day is “Breathing is Life-Act Earlier” which aims to highlight the important of early lung health, diagnosis and intervention.

To find out more information or to share your World COPD Day activities, please visit:

 <https://goldcopd.org/world-copd-day-2023/>



In Lothian, Dr Gourab Choudhury, Respiratory Physician and MCN Clinical Lead will be presenting ‘Transforming COPD Care: The impact of exacerbations and hospitalisations in COPD’ which is an educational meeting hosted by AstraZeneca on the evening of World COPD Day.

The content of this meeting is intended for healthcare professionals with an interest in respiratory medicines.

For more information on this education meeting please contact: dillon.kennedy@astrazeneca.com or fiona.best@astrazeneca.com

Midlothian Community Respiratory Team shortlisted for Award Ceremony

We would like to give the warmest congratulations to the Midlothian Community Respiratory Team alongside the Midlothian Performance Team who have been shortlisted as **finalists in the Asthma / COPD Project of the Year category in this year’s Scottish Healthcare Awards.**

Winners will be revealed at the awards ceremony which takes place on Wednesday 29th November.

We wish the team the best of luck on the night!



MCN Contact & Further Information

Clinical Leads

Gourab.choudhury@nhslothian.scot.nhs.uk

Elsbeth.christie@nhslothian.scot.nhs.uk

Respiratory MCN Manager

Rebecca.miller@nhslothian.scot.nhs.uk

Respiratory MCN Coordinator

natalie.martin@nhslothian.scot.nhs.uk

For further information on the Respiratory MCN, anything contained in this newsletter or if you would like to make a suggestion for future articles please contact Natalie Martin.



[NHS Lothian Respiratory Managed Clinical Network \(MCN\) – Respiratory](#)

