

NHS Lothian Respiratory Managed Clinical Network (MCN) Newsletter



Our Vision

To achieve a uniformity of respiratory care across Lothian through shared learning and understanding between Primary and Secondary Care.



Our Mission

To align with the Scottish Government National Strategy for Respiratory Care in line with their key priorities.



Our Aim

To ensure all people in Lothian with respiratory conditions are given the right treatment, by the right person, at the right time and in the right place.

INTRODUCTION

Welcome to the second edition of the Respiratory Managed Clinical Network.

The Respiratory Network is now well established with the second meeting of the Core Group having taken place in November and a lot has been happening since the publication of the last edition of the newsletter in September.

In this edition we will look back at what has been happening over the past few months in Lothian, along with an update on what is coming up in the next few months.

As we are now in the midst of winter we have also included a reminder on winter signposting of patients in the community as an alternative to secondary care admissions.

We hope you find this edition informative and if you have any suggestions for future editions please contact one of the team. Contact details are shown on the last page.

MCN 3 Month Update

September 2018 - December 2018



Respiratory MCN Learning Event - 7th November 2018

The first Respiratory MCN Learning event, since the re-launch of the MCN took place on 7th November at the Marriott Hotel in Edinburgh and was a huge success. The event was opened by Emma Harper MSP, Chair of the Cross Party Group for Lung Health.

Around 120 Respiratory healthcare professionals from across Lothian attended the full day learning event from both Primary and Secondary Care.

There was a number of specialists from across the service who delivered a series of talks and workshops for shared learning. The topics covered were:

- Role of Chest Physiotherapy
- Pleural Disease Management
- Management of Bronchiectasis in the Community
- Integrated models of COPD Management
- Inhaler Techniques
- Importance of Pulmonary Rehab
- Importance of Palliative Care
- Asthma Diagnosis in Primary Care
- Obstructive Sleep Apnoea Syndrome
- GOLD Guideline & Management of Stable COPD
- Psychology Intervention
- Smoking Cessation
- Updates on Idiopathic Pulmonary Fibrosis Treatment
- Treating Respiratory Infection

Feedback from the event was extremely positive and we are looking forward to planning for our 2019 event.

Some of the presentations from the day and the evaluation report can be found on the Respiratory MCN Intranet page at the following:

<http://intranet.lothian.scot.nhs.uk/Directory/respiratory/RespiratoryMCN/Pages/MCNPublications.aspx>



Emma Harper, MSP, Gourab Choudhury, MCN Lead



Integrated models of COPD management presentation

Hyperventilation Training - 2nd November 2018

The Pulmonary Rehabilitation Team arranged for a specialist training course for around 15 Physiotherapist from the service to enhance the treatment provision for patients with breathing dysfunction.

The training reinforced the current practices in place to provide a more enhanced service for patients throughout Lothian.

The MCN Supported the event by providing funding for the training and assistance with arranging the bookings and payments.

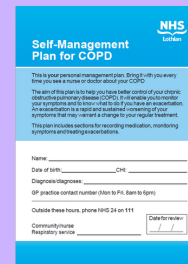
Self Management Plans

COPD

The self management plan has been updated and copies have been distributed to some practices throughout Lothian.

Copies can be ordered via Phil Horne at the Resource Library and has been uploaded onto the Respiratory MCN Intranet page at:

<http://intranet.lothian.scot.nhs.uk/Directory/respiratory/Pages/Respiratory%20Guidelines.aspx>

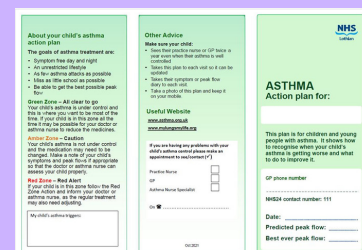


Asthma

The self management plan for Paediatrics has been updated and approved.

This has been sent to procurement for printing and will be sent to Phil Horne at the Resource Library for re-ordering.

The self management plan for Adult Services is currently in the process of being updated. A communication will be issued once this has been complete.



Respiratory MCN Core Group Meeting - 31st October 2018

The second meeting of the Core Group took place on 31st October 2018 and was well attended. Discussions took place around the following:

1. British Lung Foundation - Breatheasy Project in East and Midlothian
Funding has been secured for the rollout of this project and discussions are ongoing with representatives in both areas to progress this.
2. National Respiratory Improvement Plan - national meetings are currently taking place and a draft of the plan is expected in Spring 2019
3. Update on the Establishment of the MCN Sub Groups
An update was given on the progress of each area; COPD, Asthma, Interstitial Lung Disease, Sleep Medicine and Bronchiectasis. More details on this are highlighted in the next section below.
4. Educational Events

A brief update was given from the National Respiratory MCN Learning Forum which took place in Stirling on 3rd October, along with an update on the NHS Lothian Respiratory MCN Learning Event on 7th November and the Quality Prescribing Event that is being arranged for 27th February 2019 (further details on this can be found later on in this newsletter).

All copies of approved minutes for the group and dates of future meetings will be published in the Respiratory MCN intranet page at the following:

<http://intranet.lothian.scot.nhs.uk/Directory/respiratory/RespiratoryMCN/Pages/MCN-Core-Group-Meetings.aspx>

Respiratory MCN Twitter and Intranet

A Lothian Respiratory MCN Twitter account has now been setup and was launched at our Learning Event on 7th November, so please follow us on twitter @LothianRespMCN

The NHS Lothian Respiratory Intranet page is currently being reviewed and we will keep you updated on progress. The MCN section of the intranet page has also been reviewed and we will endeavour to update this on a regular basis. You may notice that some documents have been removed from the intranet page whilst updates are made. The new pages will be easier to navigate with more up-to-date information available.

Respiratory MCN Update from Sub Groups

COPD

COPD Self Management Plan has been updated and re-printed. Some have been distributed to medical practices upon request and future copies can be ordered via the resource centre on the following link:

<http://www.nhslothianhpac.scot.nhs.uk/HPAC/Search> (L06863 Self-management plan for COPD)

Pro-forma assessment form, for use in Primary and Secondary Care, for COPD patients annual review, has been produced and will be ready for implementation soon. The MCN will keep you informed of progress.

The National COPD audit by the Royal College of Physicians is underway. There is some confusion around how best to collect the data required. The MCN are looking at devising a template for use that should help the process. The MCN will keep you informed of progress.

A pilot has begun within the Smokefree Lothian service to make the referral process simpler. Advisors are now present at clinics in Acute and referral forms are collected directly from the clinic by the advisors for follow up. Once the pilot is complete, data will be collated and analysed to establish the success of this. Again the MCN will keep you informed of progress and whether this will be rolled out across the service.

Asthma

As advised earlier on in the newsletter the Self Assessment plans are being updated.

Initial discussions have taken place with the MCN Clinical Lead for Asthma, Tracey Bradshaw and sub-group meetings will be set up to discuss a future workplan for areas for improvement. An update on progress will be provided regularly in each newsletter.

Sleep Medicine

A national improvement plan for Sleep Medicine is being developed and we will update you on progress in future editions of the newsletter.

Interstitial Lung Disease

Discussions are ongoing nationally to discuss the focus for future improvements to the service. The MCN will keep you updated on developments.

Bronchiectasis

The first meeting of the sub-group took place on 3rd December and was very productive.

The following areas are being looked at:

- * The Bronchiectasis website is being reviewed and updated
- * The Bronchiectasis Handbook for Specialist Trainees and the Guideline for Diagnosis and Treatment of Adult Bronchiectasis will be reviewed and updated once the national guidelines have been published. These are due for publication early 2019
- * Bronchiectasis Self-Management Plan is being reviewed and updated
- * The production of a wallet sized patient information card is being looked at in relation to patients medication.

The group will meet on a quarterly basis to progress the workplan.

Scottish Government Update on Respiratory Medicine



British Lung Foundation take World COPD to the Scottish Parliament

On World COPD Day the British Lung Foundation met with each of the political parties health leads and management to get them to share a supportive message for early diagnosis of COPD on the day they met with Mnica Lennon MSP (Scottish Labour), Alex Cole-Hamilton MSP (Scottish Liberal Democrats). Alison Johnstone MSP (Scottish Green Party), Miles Briggs MSP (Scottish Conservative and Unionist Party) and the Health Minister Jeane Freeman MSP (Scottish National Party). On World COPD day they also promoted a motion tabled by Miles by Miles Briggs MSP:

That the Parliament recognises World Chronic Obstructive Pulmonary Disease (COPD) is a progressive and long-term lung condition without a cure, which currently affects a recorded 136,200 people in Scotland, with many more people who are undiagnosed

undersands that up to two-thirds of people with COPD remain undiagnosed and without optimal treatment, progressive lung disease reduces their quality of life;

recognises the need for early diagnosis and screening to ensure that those affected by COPD receive the treatment that they need; notes that, with the right support, it is possible to live well and self-manage the condition, and commends the British Lung Foundation for the work that it does to raise awareness of COPD and helping to ensure that people across Scotland get the treatment and support that they deserve.



Jeane Freeman, MSP, Cabinet Secretary for Health & Sport

National Respiratory Improvement Plan - Update

A task force has been setup which is being led by Tom Fardon, Respiratory Consultant, NHS Tayside to draft the National Respiratory Improvement Plan. Individual specialty meetings are underway in relation to this and a draft is expected for publication in Spring 2019.

At the National Respiratory MCN Learning event in Stirling on 3rd October, Tom Fardon confirmed that the 5 key priority areas will be:

- Bronchiectasis
- COPD
- Asthma
- Interstitial Lung Disease
- Sleep Medicine

In respect of realistic medicine a key priority area is Pulmonary Rehabilitation.



IN THE SPOTLIGHT

PULMONARY REHABILITATION

Introduction

Around 1300 patients in 2017-18 with a chronic lung condition were referred to the pulmonary rehabilitation service in Lothian, however only 56% of those referred, accepted the offer of a place. This is slightly higher than the national average, however this does leave a significant number of patients who could benefit from attending. There are also many more patients with chronic lung conditions who are not referred who could also benefit.




Facts

- Alongside Smoking Cessation, Pulmonary Rehabilitation is considered to be one of the most effective and low-cost treatment for patients with chronic lung diseases.
- Helps alleviate patients anxiety around breathlessness through simple and easy to do exercise program which is tailored to individual needs. This is also provided alongside support and advice on how to manage breathlessness.
- Pulmonary Rehabilitation can be given on an individual basis - Although pulmonary rehab is normally provided in a group setting, this format does not suit everyone.
- Exercise programme is individualised to ensure the pace is suitable and accommodates other health conditions e.g. arthritis
- Potential new patients get the chance to meet "expert patients" to help decide if the programme would be useful for them.



If you are considering referring a patient to Pulmonary Rehabilitation and would like to find out more, please contact: susan.mcnarry@nhslothian.scot.nhs.uk / Telephone 0131 536 6372

Susan and her team would welcome anyone who would like to go along to any of the session to find out what happens in the sessions.



Patient Story - Dorothy Keith

Dorothy Keith is the patient representative on the Respiratory Managed Clinical Network Core Group and was diagnosed with COPD in 2008. Here is Dorothy's story on her patient journey and her experiences of self-management for her condition.

"I was diagnosed with COPD in 2008. I had stopped smoking in 2007. I started to get more and more breathless and it all came to a head one day when it was windy and wet and I could hardly take two steps without stopping due to breathlessness. I have to say it was one of the most frightening experiences of my life.

Five years after my diagnosis I was asked to consider pulmonary rehabilitation and decided I would give it a go. I did not start the 10 week course until 18 months later.

Pulmonary rehabilitation was actually the making of me despite my initial thoughts being "I don't do exercise!!" It was at Pulmonary Rehab that I was first introduced to the Warblers singing for lung health group. The group was setup in September 2015 and is still going strong today and we are now a registered charity.

Through the Warblers I found out about an exercise class aimed at people who have Pulmonary diseases and decided to join. Through this, I was introduced to acting classes for the over 50's and decided to join this too. Who would have thought a diagnosis of COPD would have changed my life so much. I have been on stage twice, I have been in a film and appeared on STV news recently for World COPD Day. I now just love my life!

I would like to end my story with a little tale about my 9 year old grandson. When he was 5 years old, I picked him up from school one day and I had to keep stopping. He asked me why I had to stop and I explained that Nanny had smoked cigarettes for a long time and they had damaged my lungs which has left me very breathless. He immediately said to me "well here Nanny, you can have my breath! What a kind little boy who still looks after me now!".

Dorothy's story is a brilliant example of how Pulmonary Rehabilitation really can make a difference to patients with chronic lung conditions.

As well as the physical health benefits this also has a huge impact on mental health & wellbeing.

For more information on The Warblers, Midlothian singing group please visit: www.warblers.org.uk



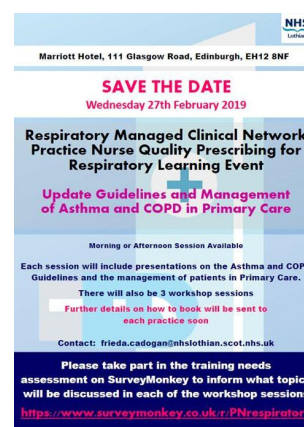
Training & Education



Respiratory MCN Practice Nurse Quality Prescribing for Respiratory Learning Event - Update Guidelines and Management of Asthma and COPD in Primary Care

The aim of this event is to provide up-to-date information on diagnosis and treatment on Asthma and COPD to enable Practice Nurses running respiratory clinics to continue to provide a high standard of care. Practice Nurses are invited to complete a SurveyMonkey to ensure the training is tailored to needs identified and practices will be encouraged to review their patient care afterwards.

It is hoped the MCN approved Asthma and COPD templates for Vision will be released at this event. These aim to reduce variation in the care of respiratory patients across the Board. The Scottish Therapeutic Tool will also be demonstrated to ensure practices are aware of the reports available to identify high risk respiratory patients who need more.



CYANS Paediatric Allergy Study Day - COSLA Conference Centre, Edinburgh

The next CYANS Annual Paediatric Allergy Study Day will be held on 14th March in Edinburgh. The study day will have a mix of guest speakers and practical workshops. The programme and online booking will be available via the CYANS website from mid - January, www.cyans.scot.nhs.uk

For those who are new in attending you can have a look at the 2018 programme for a taste of the allergy activities available.



Listen to the SOUNDS OF IPF and take the sound challenge

The assessment of "velcro crackles" by lung auscultation is currently the only realistic means for the early diagnosis of Idiopathic Pulmonary Fibrosis (IPF). Click on the following link to hear the sounds:

https://www.app.experiences.boehringerconnect.co.uk/sounds_of_ipf/



RESPe Educational Resource Launch



Chest Heart & Stroke Scotland are pleased to announce that RESPe, the new free e-learning resource is now live at the following link:

<http://www.respelearning.scot/>

RESPe is a free, interactive, e-learning resource which provides a basic knowledge of common respiratory conditions. The aim of the resource is to improve patient/client care by increasing the knowledge and skills of any member of Health & Social Care staff working with people living with respiratory conditions in health, social or private care settings.

If you would like to promote this resource and need any A5 fliers or wallet size cards for staff or colleagues, please contact publications@chss.org.uk.

Any queries or comments can be feedback to the CHSS e-learning resource manager, fran.bailey@chss.org.uk



MCN Contacts & Further Information

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[@LothianRespMCN](https://twitter.com/LothianRespMCN)



<http://intranet.lothian.scot.nhs.uk/Directory/respiratory/RespiratoryMCN/Pages/default.aspx>

For further information on the Respiratory MCN or anything contained in this newsletter, please contact Frieda Cadogan on the email above or alternatively on 0131 465 5588

If you would like to make a suggestion for articles for future editions of the newsletter please also contact Frieda Cadogan on the above.