

# 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 third edition of the Respiratory Managed Clinical Network newsletter.

The Respiratory Network is now well established with the third meeting of the Core Group having taken place in February and the next one due to be held on 8th May.

In this edition we will look back at what has been happening over the past few months in Lothian, along with updates from a national perspective for Respiratory Medicine.

We include our regular 'In the Spotlight' item which focusses on the Breathe Easy Project run by the British Lung Foundation.

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 January 2019 - April 2019



## Quality Prescribing for Respiratory Learning Event - 27th February 2019

Respiratory Managed Clinical Network Practice Nurse Quality Prescribing for Respiratory Learning Event	
Update Guidelines and Management of Asthma and COPD in Primary Care	
Wednesday 27th February 2019	
PROGRAMME	
Afternoon Session	
1.00pm - 1.20pm	REGISTRATION
1.20pm - 1.30pm	Welcome Sheela Christie, Respiratory MCH Lead
1.30pm - 2.15pm	Asthma Guidelines & Management of Patients in Primary Care Dr Tracey Bradshaw, Respiratory Consultant, StB, Lothian Lead (StB Lead)
2.15pm - 3.00pm	COPD Guidelines & Management of Patients in Primary Care Dr Gourab Choudhury, Respiratory Consultant COPD Lead, StB Lothian/Lothian Lead MCH
3.00pm - 3.15pm	TEA/COFFEE BREAK
3.15pm - 3.45pm	COPD Workshop Sheela Christie, Respiratory Nurse Specialist
3.45pm - 4.15pm	Asthma Workshop Sheela Christie, Respiratory Nurse Specialist
4.15pm - 4.45pm	STU System Update Gourab Choudhury, Respiratory Consultant, StB, Lothian/Lothian Lead MCH
4.45pm - 5.00pm	Close & Goodbye Sheela Christie, Respiratory MCH Lead, Lothian/Lothian Lead MCH

Marriott Hotel, 111 Glasgow Road  
Edinburgh, EH12 5NF

The Respiratory MCN Quality Prescribing for Respiratory learning event took place on 27th February 2019 at the Marriott Hotel and consisted of a half day session, held in both the morning and afternoon.

This was primarily for Practice Nurses to enhance their skills in relation to the management of asthma and COPD in Primary Care.



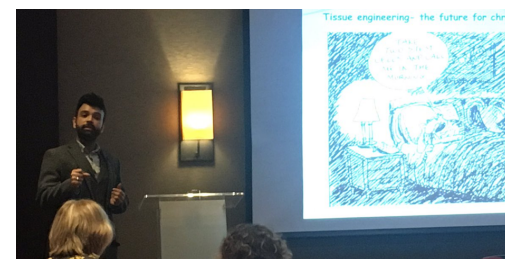
The event was very well attended by approximately 150 Practice Nurses from throughout Lothian, along with Primary Care Pharmacists, colleagues from the Scottish Ambulance Service and colleagues from the community respiratory teams.

The sessions consisted of a talk by Tracey Bradshaw on the asthma guidelines and the management of patients in primary care. This included information on diagnosis, the different treatment options available, difficult to control asthma, information on high risk patients and advice on which patients to refer.

There was also a talk from Gourab Choudhury on the COPD guidelines and the management of patients.

The delegates were also able to take part in workshops that were delivered by Respiratory Nurse Specialists on Asthma and COPD, for a more in-depth discussion and practical advice.

Specialists from the Pharmacy team also delivered a session on the Scottish Therapeutics Utility Resource (STU) system. This is the system that interrogates GP clinical systems to create an interactive dashboard and standardised reports on prescription items issued by a particular practice. This helps to identify patients who may benefit from a review of their medication.



Gourab Choudhury, Respiratory Consultant, Respiratory MCN Lead/COPD Lead



Tracey Bradshaw, Respiratory Consultant, Respiratory MCN Asthma Lead

The Practice Nurses who attended the training have been asked to use their learning to support a practice meeting where the practice can discuss and review their current systems to identify, diagnose, code and review respiratory patients. This will help ensure reviews and management of respiratory patients across Lothian are as consistent as possible.

The feedback from the learning event was extremely positive with the majority of delegates reporting that the learning session was beneficial and would further enhance their current skills to help promote improvement in their practices.

For further information on the Asthma and COPD guidance please visit the Respiratory MCN intranet page at: <http://intranet.lothian.scot.nhs.uk/Directory/respiratory/RespiratoryMCN/Pages/Guidance-Documents.aspx>



## MCN 3 Month Update January 2019 - April 2019



### Respiratory MCN Core Group Meeting - 20th February 2019

The third meeting of the Core Group took place on 20th February 2019 and was again well attended. Discussions took place around the following:

1. British Lung Foundation - Breathe Easy Project in East and Midlothian

An update was given to the group on progress made and full details are shown later on in this newsletter.

2. National Respiratory Improvement Plan - The Asthma and ILD sub-groups have met and an initial work plan for the key priorities has been discussed. The Bronchiectasis sub-group are still to meet and the COPD group will meet on 3rd May.

3. West Lothian Respiratory Services Update

A presentation was delivered by Donald Noble, which included an overview of services in West Lothian.

4. Educational Events

A brief update was given from the Practice Nurse Learning Event on Quality Prescribing for Respiratory which took place on 27th February at the Marriott Hotel.

5. Asthma Self-Management Plan Update

The group was informed that the Paediatric plan has now been updated and printed and supplies can be ordered via Phil Horne at the Resource Library. The adult plan is still under review.

6. End of Life Pathways

The group was given a presentation from Laura Thomson, Quality Lead for End of Life Care on the service available in Lothian.

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>



**The next NHS Lothian Respiratory MCN Core Group Meeting will be held on 8th May, 10am - 12pm, MR8, 5th Floor, Waverley Gate**

### National Asthma and COPD Audit Programme (NACAP) Update

Representatives from the Royal College of Physicians in London have met with Scottish Government colleagues, as well as the MCN National Advisory Group to discuss the issues Health Boards face with the collection of data.

NHS Lothian are registered for both the COPD and Asthma audit and following discussion with the other MCN's throughout Scotland, are better placed than most to gather the information required as this can be done via TRAK.

The RCP advised that there is no need for each Board to look at all COPD and Asthma cases and only a percentage sample of example 10% would be required to be looked at initially. Boards should use the data to present to their Boards as a tool for improvement. percentage of cases that will be benefit each Board to be able to use the data as a tool for improvement.

We will continue to provide an update on the progress of the audit going forward.

For further information about the audit, please visit <https://www.rcplondon.ac.uk/projects/national-asthma-and-copd-audit-programme-nacap>

# MCN 3 Month Update January 2019 - April 2019

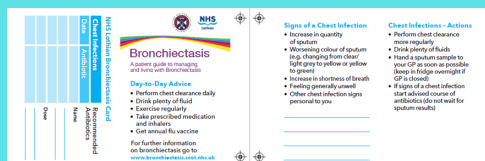


## Respiratory MCN Sub-Group Updates

### Bronchiectasis

#### New Bronchiectasis Antibiotic Patient Information card

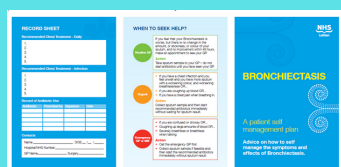
A new wallet size Antibiotic Patient Information card for Bronchiectasis patients has been produced and will be given to patients to record the antibiotics they have been prescribed for any chest infections they have. The patients can keep this on their person to show to their GP or clinician at any appointments they may have. This will improve the quality of care of patients by having easily accessible and clear information on when and how much medication has been prescribed to each patient.



The card was devised from the Bronchiectasis sub-group with patient involvement and has been approved by the Patient Information Group. The card is in the process of being printed and will be available soon to order from Phil Horne at the Resource Library.

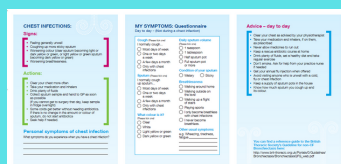
We will circulate information on the cards when they have been printed and ready for order.

#### Update to the Bronchiectasis Self-Management Plan



The Bronchiectasis Self-Management Plan has now been updated and has been approved by the Patient Information Group.

Again, this is in the process of being printed and we will circulate information on when these can be ordered from Phil Horne at the Resource Library.



Both the Self-Management Plan and Antibiotic Patient Information Card will be added to the Respiratory intranet page

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

#### NHS Lothian Bronchiectasis Website Update



The NHS Lothian Bronchiectasis website is currently being updated and refreshed. The website can be found on the following link and we will keep you updated on the progress of this.

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

A new logo has been created and will be used on the website and any new documentation that is produced.

#### Review/Update of Bronchiectasis Documentation

The new Bronchiectasis National Guidelines have now been published. The updates will be reflected in NHS Lothian guidelines and documentation, therefore the following documents are under review:

- \* Bronchiectasis Handbook for Specialist Trainees
- \* The Guidelines for Treatment and Diagnosis of Bronchiectasis (Primary and Secondary Care)
- \* GP Guideline flowchart

If not done so already, these will be circulated for comments and we will keep you informed of progress.

The Guidelines for Inhaled and Oral Antibiotics for Secondary Care have been updated and are available to view on the Respiratory MC Intranet page

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

## Asthma

The second meeting of the sub-group is due to be held on 15th May and further discussions on the previously agreed 3 priority areas will take place:

- \* Diagnosis in Primary Care - Getting this right
- \* Ability to identify high risk patients
- \* Supported Self-Management e.g self management plans and improved inhaler techniques

These priority areas are in-line with national discussions in relation to the development of the National Respiratory Improvement Plan. Other areas of national discussion relate to secondary care, difficult asthma/use of biologic therapy.

We will continue to provide you with updates as discussions progress.

### GP Pathway for Patients Possible Diagnosis of Asthma

It is now possible to refer patients with a "Query Asthma" diagnosis to Respiratory Physiology for tests to aid with the diagnosis of asthma in line with current BTS/SIGN asthma guidelines.

Please use the Lothian Primary Care Spirometry forms to refer your patient via SCI gateway and ensure you enter full clinical details and specify that you are considering a diagnosis of asthma.

Patients referred with "Query Asthma" will have FeNO and spirometry +/- reversibility tests and if appropriate a further appointment for a challenge test.

Test results will be reported directly back to primary care negating the need for a referral to Respiratory Medicine.

## Interstitial Lung Disease (ILD)

Improvements to the service are being discussed at a national level and we will keep you informed as things progress with the main issues being:

- \* Misdiagnosis in the community. Access to higher resolution CT scanning required in the community for earlier diagnosis
- \* Need for Multidisciplinary Team access regionally and for palliative care to be reviewed
- \* There is a need for more specialist nurses and a Masters Module is being made available for nurses to complete with easier access to this.

There is also a need for tailored Pulmonary Rehabilitation (PR) for patients with Lung Fibrosis, including supplemental oxygen during PR and specifically continuous PR for patients on the lung transplant list, including PR at home.

A task force is being pulled together to address these issues in Lothian and again, we will keep you updated on progress.

## Sleep Services

The first meeting of the National Sleep Apnoea Group took place on 14th January and had representation from some Boards but not all.

Initial discussions were around the need for Boards to engage with industry to assist with the number of patients being referred to the service. Technology and home monitoring will help to deal with the issues faced.

Services already currently available will be looked at, such as Oxygen Services through Dolby to try and find a solution.

We will keep you updated on the progression of discussions.

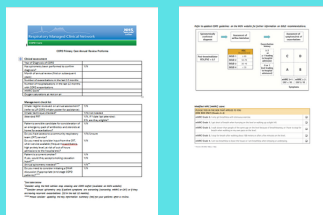
# COPD

From an NHS Lothian perspective the priority areas for COPD to be looked at is self management and the update/review of current guidelines and protocols.

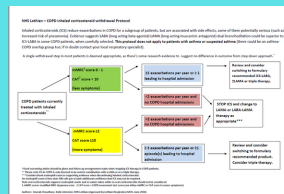
Due to changes in the GOLD guidelines, the NHS Lothian COPD Guideline will be updated, although changes will be minimal.

The COPD withdrawal protocol is now available on the Respiratory MCN intranet, along with the COPD Care Annual Review Pro-forma and can be found at the following link:

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



**COPD Annual Review Pro-forma**



**COPD Inhaled corticosteroid Withdrawal Protocol**

There is now a High Risk database for Midlothian and Edinburgh, and East Lothian is currently being looked at. West Lothian have an alternative arrangement.

Work is being carried out around anticipatory care and a key information summary and work is underway to create a template.

The myCOPD App is currently being audited in Edinburgh to establish if the use of the App enhances the care of patients. The outcome of the audit should be available in the next few months and will be circulated

A pilot has taken place within the Smokefree Lothian service to make the referral process simpler. An update on this will be given at the next MCN Core Group meeting on 8th May and an update will be provided to the wider service in the next newsletter.

From a national perspective Gourab Choudhury will attend a working group on 3rd May to contribute towards the development of the new National Respiratory Care Improvement Plan from a COPD perspective. We will keep you informed of discussions and outcomes.

The national COPD guidelines will be modelled around Lothian guidelines.

## FUTURE EDITION OF THE NEWSLETTER - CALL FOR ARTICLES



If you have anything you would like to feature in the next edition of this newsletter, due out in July/August, please contact [frieda.cadogan@nhslothian.scot.nhs.uk](mailto:frieda.cadogan@nhslothian.scot.nhs.uk).

We are always looking for ideas for our 'In the Spotlight' item for each newsletter. If you have any projects or particular areas of the service that you would like us to feature please let me know. In the next edition we are hoping to feature the Stop Smoking Service.



## British Lung Foundation Integrated Breathe Easy Project - East and Midlothian

The MCN have been supporting the British Lung Foundation in setting up a Breathe Easy Steering Group for East Lothian and Midlothian and meetings are well underway. The purpose of the Steering Group is to support the British Lung Foundation Integrated Breathe Easy Project which will support existing Breathe Easy groups to increase self-care by embedding them into existing healthcare pathways.

The Steering Group is made up of various Healthcare Professionals from East and Midlothian and include Physiotherapy, Pharmacy, Occupational Health, Respiratory Nurse Specialists, colleagues from the Hospital at Home service as well as patient representatives.

## East Lothian Breathe Easy Patient Information Event - 13th March 2019

**Lung health information event**  
Port Seton Centre, EH32 0BQ  
Wednesday 13 March 2019, 1-3pm  
(Registration 12.45pm)

**Programme**

- 12.45pm Registration, refreshments, information stands  
Pharmacy, British Lung Foundation, Carers of East Lothian, Ageing Well, Home Energy Scotland, Strive
- 1pm Complete 1<sup>st</sup> questionnaire
- 1.05pm Welcome and introduction to the British Lung Foundation  
British Lung Foundation
- 1.15pm "Living well with COPD"  
Dr Gourab Choudhury, Consultant Respiratory Physician
- 1.40pm Pulmonary Rehabilitation  
Susan McNarry, Team Lead Physiotherapist,  
Pulmonary Rehabilitation Service
- 2pm "Breathe Easy" Support Groups  
British Lung Foundation
- 2.10pm Question and answer session with panel
- 2.25pm Complete 2<sup>nd</sup> questionnaire
- 2.30pm Singing for lung health taster session  
JOHN LEWIS, The Warblers
- 2.50pm Closing remarks and prize draw

Logos: nesto, Port Seton, NHS Lothian

As part of the Integrated Breathe Easy Project the British Lung Foundation hosted a Respiratory Information event for patients and carers. COPD patients were invited through their GP to attend the event which took place in Port Seton Community Centre. This was extremely well attended and feedback has been very positive.

The event consisted of talks by Respiratory Specialists, including Gourab Choudhury, Respiratory MCN Lead and Susan McNarry, Team Lead Physiotherapist, Pulmonary Rehabilitation Service.

There was also a taster session delivered by The Warblers singing group to promote health through singing for people with Respiratory conditions.



Gourab Choudhury, Respiratory MCN Lead

The event was also supported by some of our third sector colleagues such as Ageing Well, Home Energy Scotland, Strive, Carers of East Lothian and Pharmacy.

## Midlothian Breathe Easy Patient Information Event - 30th April 2019

**Lung health information event**  
Gorebridge Beacon, EH23 4TT  
Tuesday 30<sup>th</sup> April 2019, 1-3pm  
(Registration 12.30pm)

**Programme**

- 12.30pm Registration, refreshments, information stands  
British Lung Foundation, YOCAL, Quit Your Way, The Warblers, Home Energy Scotland, Midlothian Active Choices
- 1pm Complete 1<sup>st</sup> questionnaire
- 1.05pm Welcome and introduction to the British Lung Foundation  
British Lung Foundation
- 1.15pm "Living well with COPD"  
Colette Lamb, Respiratory Nurse Specialist
- 1.40pm Pulmonary Rehabilitation  
Susan McNarry, Team Lead Physiotherapist,  
Pulmonary Rehabilitation Service
- 2pm Support available from local organisations  
Beth Robinson
- 2.20pm "Breathe Easy" Support Groups  
British Lung Foundation
- 2.30pm Question and answer session with panel
- 2.45pm Complete 2<sup>nd</sup> questionnaire
- 2.50pm Closing remarks and prize draw

Logos: nesto, Port Seton, NHS Lothian

The Midlothian information event for patients and carers, will be held on 30th April at the Beacon Community Hub, Gorebridge.

As with the East Lothian information event, COPD patients were invited through their GP to attend the event.

Patients from Dalhousie, Quarryfoot and Strathesk Practices have been invited to the event.

An update from the event will be included in the next edition of this newsletter.

# Breathe Easy Local Support Group Information

If you would like to pass on some information to your patients on the East or Midlothian support group, please see the following details and contact information:



## East Lothian Breathe Easy

Second Wednesday of every month 2-4pm at Musselburgh East Community Learning Centre, Haddington Rd, EH21 8JJ

Just come along, or for more information, call Lorna on 01875 813156



## Midlothian Breathe Easy

First Tuesday of every month 2-4pm at Midlothian Voluntary Action, 4-6 White Hart St, Dalkeith, EH22 1AE (down lane beside library)

Just come along, or for more information, call Isobel on 07727 104408 or Jean on 0131 663 6966

Further information available at <https://www.blf.org.uk/support-for-you/breathe-easy>

Flyers for your local Breathe Easy Group can be requested from Charis.McElhinney at [charis.mcelhinney@blf.org.uk](mailto:charis.mcelhinney@blf.org.uk) or on 07809 215 337



## Breathe Easy Week - 17th June 2019

The British Lung Foundation's annual awareness event focusing on lung health.

Each year in June, the British Lung Foundation encourage people to love lungs and raise awareness of lung conditions.

Please see the following link to find out what will be happening then.  
<https://www.blf.org.uk/breatheeasyweek>





## Scottish Government Update on Respiratory Medicine



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

### The British Lung Foundation Scotland Parliamentary Reception - 15th May

The British Lung Foundation Parliamentary Reception on 'The future of lung health - celebrating respiratory research in Scotland' will take place on 15th May at the Scottish Parliament.

The reception is being sponsored by Monica Lennon MSP and will include a talk from our very own Gourab Choudhury.

If you would like to attend the event, please contact [frank.toner@blf.org.uk](mailto:frank.toner@blf.org.uk) or telephone 0141 248 0051, by 30th April.

An update will be given in the next Newsletter.



### National Respiratory Improvement Plan

The last of the key priority area meetings for the development of the new plan will take place on 3rd May in relation to COPD. Following this, a draft plan will be drawn together. We will keep you updated on progress.

## West Lothian's New Community Respiratory Service



REACT Respiratory Team (L-R): Dr Avrind DevaManoharan, Jill Adams- Respiratory Physiotherapist, Shena Brown- Respiratory Facilitator and Ellie Denton- Assistant Practitioner and Dr Fiona O'Brien



Following a successful pilot that was initially supported through the Scottish Government's program for unscheduled care in COPD, the West Lothian Health and Social Care Partnership has now funded 2 new posts that will form the new REACT Respiratory Team within West Lothian.

The team consists of a band 6 specialist respiratory physiotherapist and a band 4 support worker and will work alongside the existing Respiratory Facilitator role and will be supported by 2 respiratory consultants. This team will link into the already established West Lothian REACT service that delivers multidisciplinary input via Hospital@Home and Rehab@Home services.

The REACT Respiratory Team aims to provide a community based, specialist respiratory service which reduces hospital admissions, facilitates early supported discharge and optimises the self-management of people within West Lothian who live with a confirmed long term respiratory condition. They will offer a REACT respiratory clinic, home based assessment, home based physical activity programme and a weekly MDT meeting. The team will be supported by respiratory consultants from St John's Hospital.

The development of this service is a welcome progression towards providing a more comprehensive respiratory service for the residents of West Lothian.

# Training & Education



## British Lung Foundation Professionals Study Day - Stirling



The next British Lung Foundation Professionals Study day is on 2nd May 2019 at Stirling Court Hotel, Stirling.

The day will consist of a mixture of talks and workshops delivered by specialists in their field, as well as networking opportunities.

The event will cover a wide variety of topics. See draft agenda below for further details.



Time	Topic	Speaker
9.00	Registration and Welcome	Dr. [Name]
9.30	Keynote Address: The Future of Respiratory Care in Scotland	Dr. [Name]
10.00	Workshop: [Topic]	[Speakers]
10.30	Break	
11.00	Talk: [Topic]	[Speaker]
11.30	Talk: [Topic]	[Speaker]
12.00	Lunch	
12.30	Talk: [Topic]	[Speaker]
13.00	Talk: [Topic]	[Speaker]
13.30	Workshop: [Topic]	[Speakers]
14.00	Break	
14.30	Talk: [Topic]	[Speaker]
15.00	Talk: [Topic]	[Speaker]
15.30	Workshop: [Topic]	[Speakers]
16.00	Break	
16.30	Talk: [Topic]	[Speaker]
17.00	Workshop: [Topic]	[Speakers]
17.30	Break	
18.00	Networking and Refreshments	

For those of you who are unable to attend or are too late to register, the British Lung Foundation will be holding another event on 5th June 2019 at Jurys Inn, Millburn Road, Inverness.

Please visit the following link to book onto this:

<https://www.blf.org.uk/health-care-professionals/study-days>



## NHS Lothian Respiratory Managed Clinical Network Annual Learning Event - 13th November 2019



The 2019 NHS Lothian Respiratory Managed Clinical Network Learning Event has been scheduled for Wednesday 13th November 2019 and again be held at the Marriott Hotel, 111 Glasgow Road, Edinburgh.

Please hold this date in your diaries as due to the huge success of the 2018 event spaces are bound to be snapped up quickly.

We are hoping to accommodate a larger number at this years event due to the high demand last time.

Further details on how to book and an outline of the programme will be issued soon.

Alternatively keep your eye on our intranet page for details:

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



Please contact [Chloe.Renwick@nhslothian.scot.nhs.uk](mailto:Chloe.Renwick@nhslothian.scot.nhs.uk) if you have any queries regarding the event.



## New Horizons in COPD - Improving the Patient Journey Event - Golden Jubilee National Hospital, Conference Centre, Glasgow

Alternatively keep your eye on our intranet page for details:

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



## MCN Contacts & Further Information

### Clinical Leads

Gourab.choudhury@nhslothian.scot.nhs.uk

Elsbeth.christie@nhslothian.scot.nhs.uk

### Respiratory MCN Manager

Alyson.cumming@nhslothian.scot.nhs.uk

### Respiratory MCN Co-ordinator

Frieda.cadogan@nhslothian.scot.nhs.uk



@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.