

# 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 fifth edition of the Respiratory MCN Newsletter.

We hope you enjoy this edition and find the articles helpful in keeping you up-to-date on what has been happening in Lothian in the world of Respiratory Medicine.

From an MCN perspective we have plenty to update you on! Enjoy reading!

## Draft Respiratory Care Action Plan for Scotland Consultation



The Scottish Government have now published the consultation on the draft Respiratory Care Action Plan for Scotland. This consultation will close on 3 April 2020.

**Have your say!**

The link to the consultation can be found at: <https://consult.gov.scot/healthcare-quality-and-improvement/respiratory-care-action-plan>

The draft Plan sets out commitments to drive improvement in the prevention, diagnosis and treatment of the following respiratory conditions: Idiopathic Pulmonary Fibrosis; Asthma; Sleep Apnoea; Bronchiectasis and Chronic Obstructive Pulmonary Disease.

The MCN have circulated the draft plan to the Lothian MCN Core Group for comments within each area of Respiratory within Lothian. If you have any comments you would like to make in relation to the draft plan, please feed these back to [frieda.cadogan@nhslothian.scot.nhs.uk](mailto:frieda.cadogan@nhslothian.scot.nhs.uk).

The next MCN meeting is on 5th February where this will be discussed in more detail and a response to the consultation will be sent from the MCN, on behalf of NHS Lothian once comments received.

The MCN will base our workplan on the national action plan, to take actions forward in Lothian. A lot of work has already been done, or is underway in relation to many of these actions and we very much look forward to working with all colleagues across the service, in both primary and secondary care, including our Integrated Joint Board colleagues, to ensure NHS Lothian successfully achieves all of the expected outcomes.

This continues to be an exciting time in Respiratory Medicine to continue to improve on the services currently being provided for all of our patients throughout Lothian.

**Respiratory Care  
Action Plan for Scotland**  
(Draft for Consultation)  
2020-2025

December 2019



### Executive summary

The purpose of this draft Plan is to highlight our vision to drive improvement in the diagnosis, care, treatment and support of people living with respiratory conditions in Scotland.

This draft Plan identifies key priorities and sets out why they are important. It is intended to be an evolving document which will continue to evolve, supporting continuous improvement and encouraging people to test new approaches and to share best practice. It is not intended as a replacement of current clinical guidelines.

We have developed this draft Plan with the expectation that it will stimulate the evolution of new ideas that can be further tested and evaluated. The draft Plan aims to build on what already exists and challenge the status quo to drive change that will improve the lives of people living with respiratory conditions, and introduce innovative ideas to improve health outcomes and equity of access to high quality care.

We want to ensure that people living with respiratory conditions have access to the best possible care and support. To achieve this goal, we have developed this draft Plan with the help of healthcare professionals, policy makers, and first sector representing people with respiratory conditions.

We encourage everyone, citizens, members of the public, people with a respiratory condition, first sector and others to respond to the consultation. During the consultation period, we intend to carry out further engagement in order to take the Plan further. We will then gather and analyse responses to the consultation. Our aim is to publish the final Respiratory Care Action Plan for Scotland in 2020. We will then work with partners to develop an implementation Plan to take forward our vision for Respiratory Care in Scotland.

Throughout the draft Plan we have used the term 'respiratory community' to mean people living with respiratory conditions, their families and carers, those who provide care and support, clinicians, academics, third sector, Integrated Authorities, first sector and independent care providers.

Throughout this document we refer to this draft Plan as the 'Plan'.

### Our vision and aims

This draft Plan outlines a shared approach to support NHS Scotland in the prevention, diagnosis and treatment of respiratory conditions. It also recognises and reflects the approach taken in other Scottish Government strategies and plans.

Setting a focus of this is Scotland's National Performance Framework<sup>1</sup>. Two of the aims of the framework are to increase the wellbeing of people living in Scotland and to reduce inequalities.

The priorities in the Plan will contribute to the National Performance Framework and its outcomes. We will continue to work with partners across the knowledge, performance, resilience, health, life expectancy, health life expectancy, Quality of Life experience, Performance, Quality of Life experience, Performance, Quality of Life experience, Performance, Quality of Life experience.

**Our Vision:**  
Everyone with a respiratory condition will be able to access the care and support they need to live well, on their own terms.

# Education and Learning – NHS Lothian Respiratory MCN Learning Events Feedback

## MCN 2019 Annual Learning Event - 13th November, Marriott Hotel, Edinburgh

The NHS Lothian Respiratory MCN Annual Learning Event took place on 13th November at the Marriott Hotel, Edinburgh.

Our 2019 learning event was a huge success and was very well attended with around 120 healthcare professionals from across Lothian from both primary and secondary care taking part in the event and was opened by Tom Fardon, Chair of the Scottish Task and Finish Group for the National Respiratory Action Plan for Scotland.

The event was supported by experts from across Lothian as well as our third sector colleagues and with sponsorship from the pharmaceutical industry.

Time	Topic	Speaker
8.30am - 9.00am	REGISTRATION	
9.00am - 9.15am	WELCOME	Scottish Government
9.15am - 9.30am	Primary Respiratory Management	Tom Fardon
9.30am - 9.45am	Primary Respiratory Management	Tom Fardon
9.45am - 10.00am	Address from Primary Care	Johnnie MacLennan
10.00am - 10.15am	COPD BREAK	
10.15am - 10.30am	Updates on COPD	Scottish Government
10.30am - 10.45am	The Appropriate Use of ICS in COPD	Dr James Chalmers
10.45am - 11.00am	Psychological Management of Chronic Lung Disease	Scottish Government
11.00am - 11.15am	WORKSHOPS	
11.15am - 11.30am	Physiotherapy Breaths Management/Chlorhexidine	Johnnie MacLennan
11.30am - 11.45am	Smoking Cessation	Scottish Government
11.45am - 12.00pm	COPD BREAK	
12.00pm - 12.15pm	Stalling COPD	Scottish Government
12.15pm - 12.30pm	Antibiotic Use & Role of Play Information Summary	Scottish Government
12.30pm - 12.45pm	WORKSHOPS	
12.45pm - 1.00pm	COPD BREAK	



The full day consisted of talks on asthma guidelines, management of patients and asthma care from a primary care perspective, along with talks on psychological management of chronic lung disease and an update from our MCN lead, Gourab Choudhury on COPD.

Dr James Chalmers, British Lung Foundation Professor of Respiratory Research at the University of Dundee and a Senior Fellow of the Scottish Government Chief Scientist Office, presented on the appropriate use of ICS in COPD.

Along with the talks, the afternoon consisted of workshops on physiotherapy breathlessness management, inhaler techniques, smoking cessation and a workshop on anticipatory care and the role of key information summaries which was led by Callum Johnston from the Scottish Ambulance Service.



Feedback from all sessions was extremely positive and were very well received by delegates. Delegates were asked for their suggestions for future respiratory events and we received lots of suggestions which will be taken into account when planning future events.

Primary care colleagues were asked what is important to them in dealing with respiratory conditions and whether there were any concerns in relation to this.

They were also asked for their thoughts and ideas on how collaborative working between Primary and Secondary Care can be improved.

The full results can be viewed on the Respiratory MCN intranet page at: <http://intranet.lothian.scot.nhs.uk/Directory/respiratory/RespiratoryMCN/Pages/MCNPublications.aspx>

(Please note: if you have not already received your certificate of attendance for the event, these will be issued to you soon).

**We are already planning for the 2020 event and will keep everyone updated on progress!**

## Quality Prescribing Learning Event for Practice Nurses - 27th February 2019, Marriott Hotel, Edinburgh

Following on from our very successful learning event for Practice Nurses in February 2019, a six month evaluation was carried out on what learning and improvements have been made in practice as a result of the event. The results are extremely positive and more details can be found below. We are exploring the possibility of arranging a similar event in the future and we will keep you updated on the progress of this.

**Lothian Respiratory Managed Clinical Network Learning Event 27th Feb 2019**  
Six months post event evaluation

The aim of the event was to deliver practice nurse training to support changes in GP practices to improve diagnosis and treatment of COPD and asthma. It also provided an update on the Scottish Therapeutic Utility (STU) system and launched a new MCN template for COPD.

The event covered guidelines and management of patients in primary care for both COPD and asthma, through presentations and workshops.

Nurses who attended and responded to the evaluation described their role in respiratory as the following (attendees could choose more than one answer):

- 44% organise and run respiratory clinics in the practice
- 41% run all of the long term conditions in the practice
- 38% support other team members to run respiratory clinics
- 29% are the respiratory lead in the practice

Responses indicated that more practices hold separate COPD and asthma clinics than joint clinics.

**Feedback on the event, including changes attendees planned to make:**

- It was a great review of recent changes in asthma and COPD. I feel more up to date and more confident
- I will persuade the practice to invest in a spirometer and use client modulate early for 6 week trial in asthma
- I'm much more aware of ICS for COPD and will try not to prescribe them unless necessary
- I'll have a discussion at our practice clinic meeting to decide what changes could be made including STU being installed on all PCs and rolling out the MCN COPD vision tool

Six months after the training 91% of respondents said their respiratory knowledge had increased, 9% stayed the same.

**Respondents said their confidence increased for:**

- 74% Assessing COPD
- 65% Treating/managing COPD Using the MCN COPD template
- 65% Treating/managing asthma/COPD overlap
- 65% Treating/managing asthma Using STU reports to identify patients for review
- 65% My respiratory role at the practice
- 65% Recommending or prescribing inhalers on the Lothian Joint Formulary

**Where 60% or fewer\* respondents increased confidence:**

- 47% Assessing asthma (53% stayed the same)
- 44% Diagnosing asthma (56% stayed the same)
- 50% Diagnosing COPD (50% stayed the same)

\*respondents could choose less

**53 practices** hold a meeting to discuss actions from the learning event and provided feedback on agreed actions for the practice.

**Qualitative feedback:**

- Increased my knowledge by updating my awareness of all the inhalers and supportive treatments available for asthma and COPD patients
- Used the MCN template which has helped me be more methodical in my reviews
- Learned a lot from the STU report and picked up patients that were not well controlled and invited them in for reviews

# Education and Learning - Dates for the diary

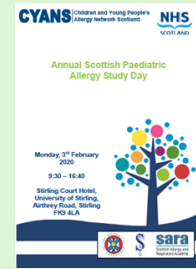
## CYANS Annual Paediatric Study Day

Registration is now open for the Annual Scottish Paediatric Allergy Study Day.

This is a free full day event aimed at Healthcare Professionals who have an interest in paediatric allergy

To reserve your place please register at the following link. Registration will close on Friday 24th January 2020.

<https://www.cyans.scot.nhs.uk/wp-content/uploads/2019/12/CYANS-Annual-Paediatric-Study-Day-Draft-programme-2020-V0.1.pdf?x54518>



## Newcastle University Free Webinars



Newcastle University are running a series of free webinars to offer a basic understanding of allergic problems in children. These are aimed at healthcare professionals in both primary and secondary care who see children with allergy or have an interest in allergic conditions.

Please see flyer to the left for dates.

Information on how to book is found at the bottom of the flyer.

## National Respiratory MCN Event - Save the date

The 2020 Respiratory MCN Learning Forum will be held on Tuesday 15 September 2020 at Stirling Court Hotel, University of Stirling.

The Programme Committee are already working to produce another topical, educational day whilst also providing a fantastic networking opportunity for all those who attend.

Registrations will be invited from any NHSScotland based Respiratory Healthcare Professional, Respiratory Charities or supporting organisations.

Registration will open in the Spring and you will be updated on this in a future newsletter.

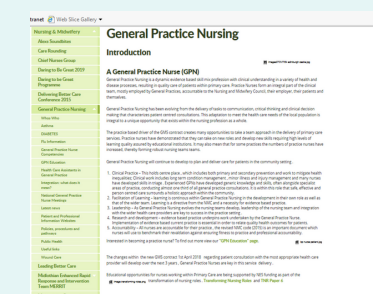


## NHS Lothian General Practice Nurse Intranet Page

Some of you may already be aware, however for those Practice Nurses who are not, there is an NHS Lothian General Practice Nurse Intranet Page.

There is lots of useful and practical information on the pages and this can be found at:

<http://intranet.lothian.scot.nhs.uk/Directory/NursingMidwifery/GPN/Pages/default.aspx>



## NHS Lothian Bronchiectasis Internet Page/Updated Guidance Documents



The update of the NHS Lothian Bronchiectasis patient facing internet page is now almost complete. The patient stories have been updated, along with the guidance documents. There are also new patient information video's to demonstrate how to use the various IV equipment used in Lothian. The link to the page is <https://www.bronchiectasis.scot.nhs.uk/>

### Guidance Documents

You will find the most up-to-date guidance documents on the MCN intranet page at:

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

The documents relevant to primary care will be uploaded onto RefHelp as soon as possible.

## British Lung Foundation pushing Lung Health on the political agenda



The British Lung Foundation have been busy engaging with MSPs raising awareness of lung disease and the need for a respiratory care action plan for Scotland. They have developed a new group of BLF lung health champions in the Scottish parliament. It's hoped the cross-party MSPs will champion relevant issues and encourage wider engagement on issues relevant to lung health through, for example, securing debates and tabling questions.

The BLF champions are:

- Emma Harper MSP – Asthma Champion
- Colin Smyth MSP – IPF/ILD Champion
- Annie Wells MSP – COPD Champion
- Mark Ruskell MSP – Clean Air Champion
- Alex Cole-Hamilton MSP – Bronchiectasis Champion
- Alexander Stewart MSP - Smoking Cessation Champion
- Monica Lennon MSP - Pulmonary rehabilitation Champion
- Richard Lyle MSP - Obstructive sleep apnoea (OSA) Champion
- Beatrice Wishart MSP - Singing for Lung Health Champion
- Stuart McMillan MSP – Mesothelioma Champion



At the SNP party conference the BLF met with Jeane Freeman MSP, the Cabinet Secretary for Health and Sport. During this meeting they took the opportunity to talk about the flu vaccine and how as a charity they think that the flu vaccine should automatically be available to everyone with asthma regardless of their treatment plan. The Minister agreed and will review the advice given to GPs for next years flu vaccine programme. Additionally to mark IPF Week the BLF managed to get several MSPs together to take a picture on the garden lobby steps to highlight the condition.



Jeane Freeman MSP  
Cabinet Secretary for Health & Sport

## Action on Asbestos

Action Asbestos (formerly Clydeside Action on Asbestos) was established in 1984 to provide benefit and legal advice to all those diagnosed with an asbestos related disease. The charity has now opened it's doors to anyone who has suffered an injury or accident at work.

Being a charity, Action on Asbestos firmly believes that where it can, it will provide financial assistance to the doctors and nurses within our NHS who struggle to provide a much needed service for their patients.

In September 2017, Action on Asbestos provided funding to NHS Lothian to employ a specialist Industrial Injuries nurse (Kim Bracher, see picture on right). In February 2018 a further specialisst nurse was funded by the charity and is now based in the pleural unit of the Queen Elizabeth University Hospital.

In addition, as the charity recently received a large donation, £100,000 will be set aside for Dr Kevin Blyth (QEUH) to assist with funding research into mesothelioma and £120,000 is being awarded to Dr John McCafferty (Edinburgh Royal Infirmary) for much needed equipment for the early detection of lung cancer. The charity hopes to continue to assist other NHS trusts.



Kim Bracher, Nurse  
Practitioner, RIE



Many people who have suffered an industrial injury, or disease, are missing out on many of the benefits they are entitled too and thousands of points go unclaimed every year.

If you would like to receive some publications on what is offered by the charity for your patients, please contact [phyllisc@clydesideaction.co.uk](mailto:phyllisc@clydesideaction.co.uk) or alternatively call 0800 089 1717.

Phyllis Craig, right, pictured with Consultant and Specialist Nurse from Queen Elizabeth University Hospital

## MCN Contacts & Further Information

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

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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.