

# Conference Delegate Pack

**NHS Lothian**

**Respiratory Managed Clinical Network**

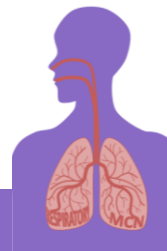
**Paediatric Respiratory HCP Education Event**

**Friday 23<sup>rd</sup> August**

**Paderewski Lecture Theatre**

<https://services.nhslothian.scot/respiratory/>





## Welcome

We are delighted to welcome you to the Lothian Paediatric Respiratory HCP Education Event 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:**

- Conference programme
- Respiratory resources

## **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.

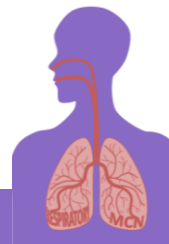
Scan the QR code to find out more about the MCN on our website.



**Programme**

Timings	Topic	Speaker
9am	Delegate Arrival and Registration (Craigleith Room)	
9:20-9:35	Welcome and Introductions	Ann McMurray/ Julie Westwood
9:35-10:05	Sleep Matters for Children	Florian Gahleitner
10:05 -10:35	Cough – 'A cough that just won't go away – here is what you need to know'	Stefan Unger
10:35 – 10:55	Break – comfort break no catering	
10:55 – 11:25	Using data to improve asthma care: A game changer or just a nice idea?	Kenneth Macleod
11:25 – 11:55	All out of puff: Dysfunctional Breathing in Children and Young People	Kristin Unger
11:55 – 12:30	Closing Remarks & Evaluation	Ann McMurray/ Julie Westwood



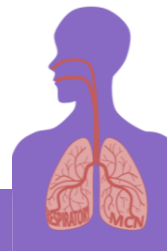


Enjoying the event?

Please consider giving us feedback on today's education event by scanning the QR code below.

Evaluation Form Lothian  
Paediatric Respiratory HCP  
Education Event





## Respiratory Resources

### Guidance on Inhaled and Oral Therapies: Asthma (Children)

We are pleased to let you know that the Guidance on Inhaled and Oral Therapies is now available. This resource will be shared with primary and secondary care shortly and we will also provide copies of this resource at the Paediatric Respiratory HCP Education Event.

This new guideline should be used to support new children and young people being commenced on inhaled/oral therapies or those requiring treatment to be stepped up or down. It is not intended to be used by patients and is supplementary to the East Region Formulary (ERF), please refer to the ERF for the most up to date information.

Please ensure both parts of the guidance are displayed in your practice and/or clinic rooms.

#### Guidance on Inhaled and Oral Therapies: Asthma (CHILDREN)



##### How to use this guidance

- ! This guideline should be used to support new patients being commenced on therapy or those requiring treatment to be stepped up or down
- ! Inhaler switches should only take place if clinically appropriate after a review. **Training and education should be provided at this time.**
- ! Inhalers should be prescribed by brand name, except for salbutamol
- ! Combination inhalers should be used where appropriate
- ! In asthma or suspected asthma, sole intermittent reliever therapy with salbutamol or equivalent is not safe without an inhaled steroid.

##### Choosing the right device

- Inhaler technique and adherence should be checked at each review and prior to any treatment escalation (please be considerate of child's cognitive ability)
- Patient should be reminded to bring their own inhaler(s) and spacer to the appointment for technique review
- Choice of device should be based on individual patient inhaler technique including inspiratory flow rate
- Can the patient inhale
  - **Hard and fast = DPI**
  - **Slow and steady = MDI**

#### Guidance on Inhaled and Oral Therapies: Asthma (CHILDREN)



##### Greener Inhaler Prescribing

- As part of NHS Scotland's prescribing decision
- MDIs contain hydrofluorocarbon
- Over-reliance on salbutamol encourage preventer adhe
- DPIs have lower estimated age 10-12 (please be cons
- Ventolin® evohalers have
- In this guidance inhalers are
- \*Consider prescribing Sopi

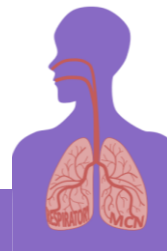
##### Abbreviations

DPI	Dry Powder Inh
MART	Maintenance ar
pMDI	pressurised Me
LABA	Long-Acting Be
LTRA	Leukotriene Re
SABA	Short-Acting Be
AIR	Anti-Inflammatc

##### References

Scottish Intercollegiate Guidelin  
<https://www.sign.ac.uk/media/1>  
 PrescQIPP Community Interest

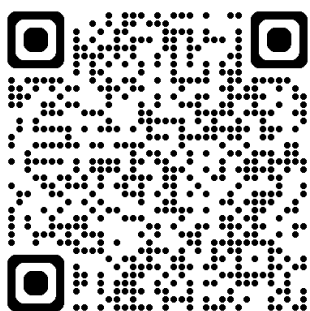
CHILDREN UNDER 5 YEARS		CHILDREN 5 YEARS AND OVER	
MDI Pathway WITH SPACER - slow and steady		MDI Pathway WITH SPACER - slow and steady	DPI Pathway - hard and fast breath
<b>Regular Preventer</b>	1 <sup>st</sup> <b>Soprobeq pMDI 50, 100, 200mcg</b> (Beclometasone) 100-200mcg twice daily*	1 <sup>st</sup> <b>Soprobeq pMDI 50, 100, 200mcg</b> (Beclometasone) 100-200mcg twice daily	<b>Budesonide Easyhaler® 100mcg</b> 100-200mcg twice daily (reduce to once daily if stable—200mcg)
<b>Alternative choice for &lt;5 years</b>	<b>Montelukast 4mg chewable tablets/granules sachets</b> 1x 4mg dose at bedtime (stop if no benefit after 4-8 weeks)	2 <sup>nd</sup> <b>Combisal® pMDI 25/50mcg (licensed from 4 years)</b> (Salmeterol/Fluticasone propionate) 2 inhalations twice daily (reduce to once daily if stable)	<b>Symbicort Turbohaler® 100/6mcg (licensed from 6 years technique more effective from 10 years)</b> (Budesonide/Formoterol) 2 inhalations twice daily (reduce to once daily if stable)
<b>Initial Add on Therapy &lt;5 years</b>	1 <sup>st</sup> <b>Montelukast 4mg chewable tablets/granules sachets</b> 1x 4mg dose at bedtime (stop if no benefit after 4-8 weeks)	3 <sup>rd</sup> <b>**Montelukast 5mg tablets at nights (age 6-14 years)</b> <b>**Montelukast 10mg at night (≥ 15years).</b> Stop if no benefit after 4-8 weeks.	
<b>Initial Add on Therapy ≥4 years</b>	1 <sup>st</sup> <b>Combisal® pMDI 25/50mcg (licensed from 4 years)</b> (Salmeterol/Fluticasone propionate) 2 inhalations twice daily (reduce to once daily if stable)	<b>Additional Controller Therapy Medium dose ICS/LABA</b>	<b>Relvar Ellipta® 92/22mcg (licensed from 12 years)</b> (Fluticasone furoate/ Vilanterol) 1 inhalation once daily
<b>Spacer &lt;5 years</b>	1 <sup>st</sup> <b>AeroChamber Plus Flow-Vu Anti-Static (Yellow)</b> Mask 1-5yrs		<b>Symbicort Turbohaler® 100/6mcg or 200/6mcg (licensed from 12 years)</b> (Budesonide/Formoterol) 2 inhalations twice daily
<b>MART YOUNG PEOPLE 12 YEARS AND ABOVE</b>		<b>Intermittent Reliever Therapy SABA ALL PATIENTS</b>	1 <sup>st</sup> <b>Salbutamol pMDI 100mcg</b> 1-2 inhalations as required (Can be temporarily increased to 4 inhalations as part of an AAP)
<b>Maintenance dose</b>	1 <sup>st</sup> <b>Symbicort Turbohaler® 100/6mcg</b> (Budesonide/Formoterol) 2 inhalations twice daily (reduce to once daily if stable)	2 <sup>nd</sup>	<b>Salbutamol Easyhaler® 100mcg</b> 1-2 inhalations as required
<b>Reliever dose</b>	Up to 4 additional doses in 24 hours Max 8 doses in 24 hours		<b>Bricanyl® Turbohaler® 500mcg</b> (Terbutaline) 1 inhalation as required
<b>Asthma attack</b>	6 inhalations, if no improvement to be medically reviewed as soon as possible.	1 <sup>st</sup> <b>Combisal® pMDI 25/125mcg</b> (Salmeterol/Fluticasone propionate) 2 inhalations twice daily	1 <sup>st</sup> <b>Relvar Ellipta® 184/22mcg</b> (Fluticasone furoate/Vilanterol) 1 inhalation once daily
In stable patients with mild asthma (symptoms less than 3 days per week, with normal or mildly reduced lung function), consider Symbicort 200/6 as an Anti-Inflammatory Reliever (AIR) used as required.		2 <sup>nd</sup> <b>Theophylline M/R tablets 200 (&lt;11yrs), 300, 400mg</b> every 12 hours. Adjusted up to 400mg every 12 hours based on levels.	2 <sup>nd</sup> <b>Theophylline oral syrup</b>
		3 <sup>rd</sup> <b>AeroChamber Plus Flow-Vu Anti-Static (Green)</b> Youth	



## Respiratory Resources

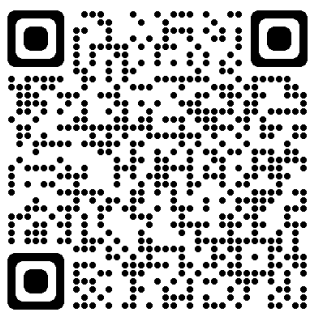
The following section will provide you with respiratory resources. Each resource can be accessed by scanning the QR code or by typing the links into your browser and saving these as a bookmark.

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



**TeachMe Paediatrics** includes information on the lower respiratory tract and the upper respiratory tract.

<https://teachmepaediatrics.com/respiratory/>



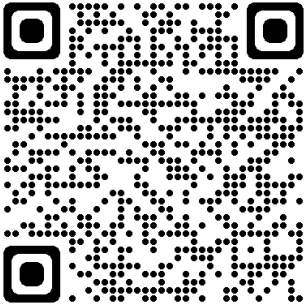
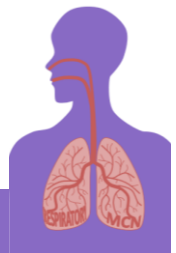
**RefHelp Paediatric Asthma**

<https://apps.nhslothian.scot/refhelp/guidelines/paediatricasthma/>



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

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



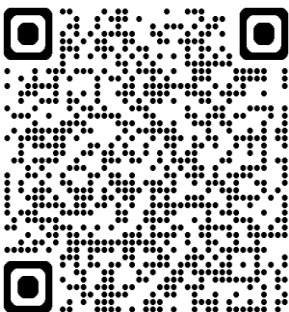
**Physiotherapy for Breathing Pattern Disorders** provides Healthcare Professionals with breathing retraining resources for assessment and treatment of breathing pattern disorders.

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



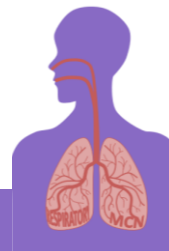
**Respiratory Syncytial Virus (RSV)** section on the NHS Lothian Intranet provides information on signs & symptoms, transmission and treatment.

<http://intranet.lothian.scot.nhs.uk/Directory/InfectionPreventionAndControl/Guidance/Organisms/Pages/RSV.aspx>



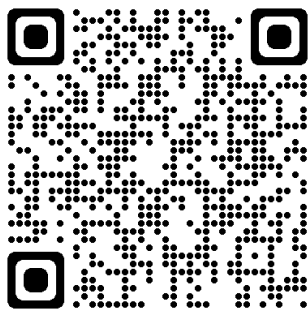
**Children's Interstitial Lung Disease (chILD)**

<https://www.asthmaandlung.org.uk/conditions/childrens-interstitial-lung-disease-child>



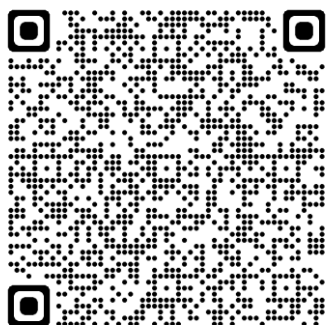
## Respiratory Resources

### 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.

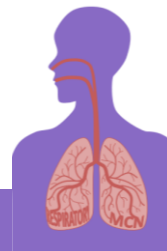
<https://services.nhslothian.scot/respiratory/wp-content/uploads/sites/30/2024/01/NHS-Lothian-Inhaler-Training-Guide-Dec-2023.pdf>



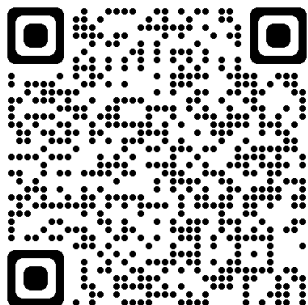
**NHS Lothian 'Improve Your Inhaler Technique' poster** developed and approved by Lothian Respiratory MCN for HCP and patients.

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



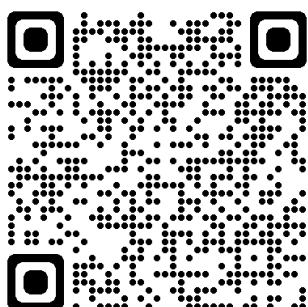


## Respiratory Resources



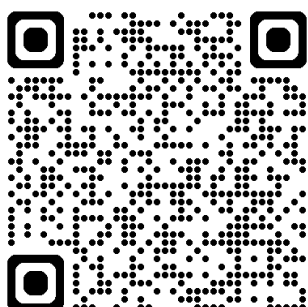
**ASH Scotland** is a charity working to bring about a healthier Scotland, free from the harms of tobacco and related products. On their website you can find information on working with young people, getting support and more.

<https://ashscotland.org.uk/briefing/young-adult-tobacco-use/>



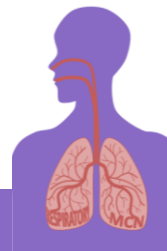
**Vaping addiction soon takes hold** is a current campaign by the Scottish Government to highlight the effects of the nicotine contained in vapes.

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



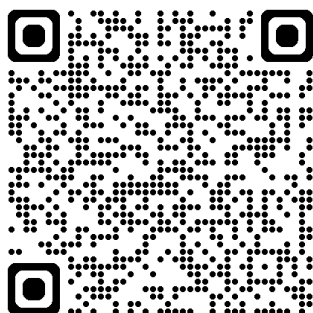
**OSA in Children Asthma & Lung UK**

<https://www.asthmaandlung.org.uk/conditions/osa-children>



## Respiratory Resources

### Patient Resources



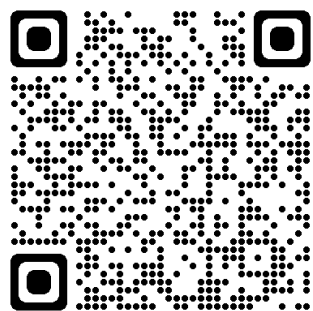
**Child Asthma Action Plan** is available on Asthma & Lung UK website.

[https://cdn.shopify.com/s/files/1/0221/4446/files/Childrens Asthma Plan A4 trifold DIGITAL.pdf?v=1707827551](https://cdn.shopify.com/s/files/1/0221/4446/files/Childrens_Asthma_Plan_A4_trifold_DIGITAL.pdf?v=1707827551)



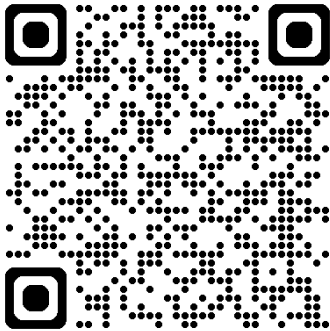
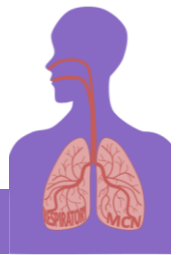
**Pre-school wheeze Asthma & Lung UK – coming soon** look out for Asthma & Lung new HCP resource on pre-school wheeze.

<https://www.asthmaandlung.org.uk/healhcare-professionals>



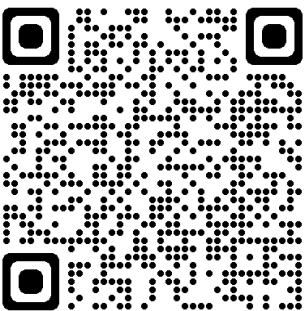
**NHS Lothian Patient Information Leaflets** are held on Policy Online. You can enter keywords into the search box to find Patient Information Leaflets, factsheets and videos of your choice to share with patients.

<https://policyonline.nhslothian.scot/patientinformation/>



**Effective Prescribing and Therapeutics – Respiratory Prescribing Strategy** was written by the Scottish Government and aims to promote high quality prescribing of medicines to treat asthma and COPD.

<https://www.therapeutics.scot.nhs.uk/respiratory/>



**Respiratory Care Action Plan 2021 – 2026 (RCAP)** published in March 2021 sets out the Scottish Government's 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.nhslothian.scot/strategies/strategic-development-framework/>