

BOB Respiratory Newsletter

The Integrated Respiratory Delivery Network (IRDN) for Buckinghamshire, Oxford & Berkshire West (BOB) delivering local and national news to support your management of people with respiratory disease.

Issue: 02

'Winter is the deadliest time for people with lung conditions' - Asthma and Lung UK

- Respiratory deaths up by almost two thirds (61%) from August through (4512, 146 per day) to December peak (7256, 234 per day) – UK
- Asthma deaths up by four fifths (83%) from August through (90, 3 per day) to December peak (165, 5 per day) – UK
- COPD deaths up by half (55%) from August through (2037, 66 per day) to December peak (3167, 102 per day) – UK

High Risk COPD Patients and Winter Planning plus Poster for Health Care Professionals

Emergency admissions to hospital for exacerbations of COPD are the second largest cause of emergency admissions in the UK. Exacerbations of COPD account for 1 in every 8 admissions, growing at around 13% annually.

For every degree drop in temperature below 5C, there is a 10.5% increase in primary care respiratory consultations and a 0.8% increase in respiratory admissions.

Chronic respiratory disease is a [Core20PLUS5](#) clinical area for accelerated improvement – inequalities in access, quality and outcomes can be reduced by coupling early-identification of risk factors for exacerbation with informed actions such as: driving uptake of vaccines, flu, pneumovax and COVID, smoking cessation, medicines optimisation and personalising care to improve a person's ability to better manage their condition.

Please consider carrying out a population search for high-risk COPD patients and review ASAP to optimise vaccination status, care, and management pre the colder winter months. The Respiratory Clinical Leads, BOB ICB have produced a Winter Planning Poster to guide you with regards to optimising the care for your high-risk patient. The Winter Planning Poster is available [here](#) on Teamnet and attached below.



COPD Winter
Planning Guidance

Suggested High Risk patients to prioritise for review -

- COPD patients having ≥ 2 exacerbations in 12 months, i.e., rescue packs issued.

- A hospital admission for infective exacerbation of COPD (IECOPD) in preceding 12 months
- Patients with COPD Assessment Test (CAT) score ≥ 30 / MRC ≥ 4
- Patients with an FEV1 % $< 30\%$
- COPD patients with BMI ≤ 18
- COPD patients on Long Term Oxygen Therapy (LTOT) or Non-Invasive Ventilation (NIV)

You may find it helpful to issue the relevant copy of 'patient winter advice' leaflet when reviewing.

Each leaflet has contact details for where to seek advice on possible heating grants, etc., for relevant local authorities. Leaflets are available below for: Bucks & Oxfordshire, West Berkshire, Wokingham, and Reading.



COPD Winter
Advice Leaflet Bucks



COPD Winter
Advice Leaflet West



COPD Winter
Advice Leaflet Woki



COPD Winter
Advice Leaflet Readi

Smoking



It's never too late to stop smoking and many were motivated to have a smoking quit attempt during October (Stoptober campaign).

ASH has responded to the new Opinions and Lifestyle survey (OPN) figures on smoking and vaping – 'Smoking Rates fall as vaping rates are up', and as we are hearing, vaping does not always come without risks and consequences. Makes sense when we think our lungs were only ever intended to inhale air.

Official Government estimates for the rate of smoking and vaping have now been published which show:

- Overall rate of smoking in adults in England in 2022 was 12.7%. This is down from 13.0% in 2021 but is nowhere near fast enough to achieve the Government's ambition of 5% or less by 2030.
- Rate of vaping among those 16+ in Great Britain was 8.7%. This is an increase on rates reported in 2021.
- Highest levels of vaping are among those aged 16-24 and the highest levels of smoking are among those aged 25-34

If interested in more data regarding adult smoking habits in the UK: 2022, please access via

[Adult Smoking Habits in the UK](#)

Please see details for local stop smoking support services across BOB below as research has shown patients who engage and receive specific stop smoking support have a much greater chance of a successful quit.

Stop Smoking Support in Bucks: 'Be Healthy Bucks' [Home - Be Healthy Bucks \(maximusuk.co.uk\)](https://www.maximusuk.co.uk) Tel: 03332 300177, Email:

behealthybucks@maximusuk.co.uk

Stop Smoking Support in Oxon: ‘Stop for Life’, www.stopforlifeoxon.org , Tel: 08001223790, Text: ‘STOPOXON’ to 60777

Stop Smoking Support in W Berkshire: ‘Smokefree Life’, www.smokefreelifeberkshire.com , Tel: 08006226360/0118 4492026, Text: QUIT to 66777, Email: info@smokefreelifeberkshire.com

successful quit.

Cold and Unsafe Homes Referral Pathway

Due to the importance of people living with respiratory conditions having a safe environment to live, I am again adding the information on the ‘Cold and Unsafe Homes Referral Pathway@ for reference and as a reminder when seeing patients.

Please consider referring patients whom you know struggle to meet the financial burden of heating their homes so they can be assessed for possible grants, given advice, etc.

Poor housing affects people’s health, in particular cardiovascular and respiratory conditions. For every 1°C drop in temperature, the risk of death from respiratory conditions increases by about 10%. For every Excess Winter Death there are eight hospital admissions and 100 GP appointments.

Local authorities work with the NHS to provide sources of support, in the form of advice, funding and enforcement to ensure people’s homes are warm and safe.

Across BOB there is a range of offers to tackle cold and unsafe homes. This referral pathway for patients with cold and unsafe homes has been developed by the NHS and the local authorities to enable easy signposting and referral.



BOB Cold & Unsafe
Homes referral path

Asthma and Lung UK Personalised Asthma Action ‘MART’ Plan

Everyone living with a diagnosis of asthma should have a Personalised Asthma Action Plan which they are able to understand. HCP have historically found it challenging to provide a plan for people who are following Maintenance and Reliever Therapy (MART) to manage their condition. Asthma and Lung UK have now published their new MART plan.

To access a pdf version of the plan, please see [MART Asthma Action Plan](#)



Asthma
MART_action_plan_e

New videos launched to encourage patients to switch to greener inhalers

A range of new videos have been launched to encourage people with asthma to switch to a new dry powdered inhaler to benefit their health and the environment.

The videos are aimed at both people living with asthma and medical professionals who prescribe the medication. They cover a range of topics from patients' perspectives including raising awareness of what dry powdered inhalers are and how they can be beneficial for a patient and the environment, how to choose the best inhaler, what a patient can expect at a respiratory review.

Dr Vaughan Lewis SE Regional Medical Director for the NHS said: "A key ambition in the NHS's Long-Term Plan is to lower carbon emissions. Encouraging patients with asthma to consider changing to dry powdered inhalers will play a part in reducing carbon footprints. This can easily be achieved through a conversation between the patient and their prescribing clinician.

"The new videos created will help to raise awareness of carbon-free inhalers and their benefits to both patients and the environment."

[Michael's story – swapping to a dry powdered inhaler](#)

[Finding the Best inhaler for you](#)

[Moving to a Low Carbon Inhaler](#)

[What to expect at your annual respiratory review](#)

[MART therapy](#)

What does good quality Asthma and COPD care look like?

The International Primary Care Respiratory Group (IPCRG) have summarised what good quality care should look like from a patient perspective and how clinicians provide that in 8 person-centred statements. For Asthma, these are divided into four areas: Diagnosis, Management, Review, When control is poor.

For COPD, these are divided into five areas: Prevention, Diagnosis and communication about the diagnosis, Management, Review and referral.

Please see the attached PDF of the documents which can be printed if helpful.



What does good
quality asthma and C

Education and Training Opportunities:

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|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday 10 th January 12:30 – 14:00 | COPD Lung Attacks/ Exacerbations + Self-Management |
| Thursday 18 th January 12:30 – 13:00 | Using a Pulmolife to safely achieve reliable and accurate FEV1 readings. |
| Wednesday 7 th February 13:00 – 15:00 | Spirometry Interpretation plus a quick guide to appropriate Inhaled treatment for COPD patients. This session is primarily aimed at GPs post a training request but all are welcome. |

To book to attend any of the above sessions being held via MS Teams, please email paula.matson@nhs.net



**Buckinghamshire, Oxfordshire
and Berkshire West**
Integrated Care Board