Post COVID-19 Recovery:

Primary Care Support for COPD management

UCLPartners
July 2020

UCLPartners has developed a series of frameworks for local adaptation to support proactive management of long-term conditions in post-COVID primary care.

- Led by clinical team of GPs and pharmacists
- Supported by patient and public insight
- Working with local clinicians and training hubs to adapt and deliver

Core principles:

1. Virtual by default

2. Mobilising and supporting the wider workforce (including pharmacists, HCAs, other non-clinical staff)

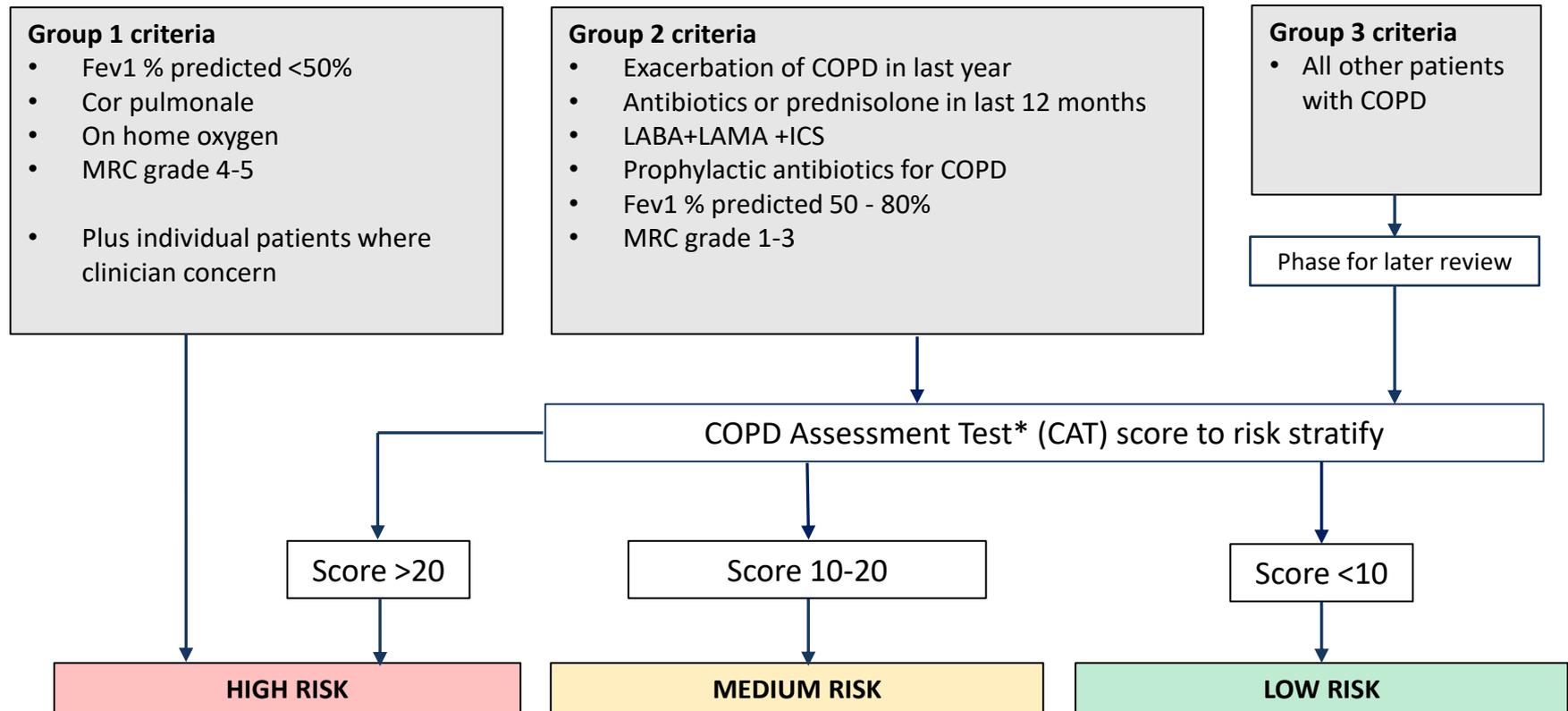3. Step change in support for self-management

4. Digital innovation including apps for self management and technology for remote monitoring

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① Identify & ② Stratify

Search tool identifies patients with COPD. These patients are stratified into 3 groups depending on clinical characteristics, and then further stratified into high, medium and low risk using the COPD Assessment Test score.

Group 1 criteria
- Fev1 % predicted <50%
- Cor pulmonale
- On home oxygen
- MRC grade 4-5

- Plus individual patients where clinician concern

Group 2 criteria
- Exacerbation of COPD in last year
- Antibiotics or prednisolone in last 12 months
- LABA+LAMA +ICS
- Prophylactic antibiotics for COPD
- Fev1 % predicted 50 - 80%
- MRC grade 1-3

Group 3 criteria
- All other patients with COPD

Phase for later review

COPD Assessment Test* (CAT) score to risk stratify

| Score >20 | Score 10-20 | Score <10 |

| **HIGH RISK** | **MEDIUM RISK** | **LOW RISK** |

*The COPD Assessment Test (CAT) is a questionnaire for people with COPD. It is designed to measure the impact of COPD on a person's life, and how this changes over time. Available here www.catestonline.org/

③ Manage

Healthcare Assistants undertake initial contact for all risk groups to provide smoking cessation advice, inhaler technique, check medication supplies and signpost to resources

	High risk	**Medium risk**	**Low risk**
Staff type to contact	GP/ Nurse Specialist/ Specialist Respiratory Pharmacist	Nurse/ Clinical Pharmacist/ Physician Associate	Health Care Assistant/ other appropriately trained staff
Intervention	• Titrate therapy if appropriate • Ensure action plan in place • Check adherence & inhaler technique • Spacer advice • Rescue packs – prescribe if needed • Exacerbation safety netting • If MRC 4/5 - offer Pulmonary Rehab via video consultation /My COPD App	• Check optimal therapy; titrate if appropriate • Check adherence & inhaler technique (video) • Spacer advice • Exacerbation management advice • Repeat CAT test at 4 weeks and escalate to GP/Nurse if red or amber	• Check medication compliance - regular inhaler usage. Signpost to education (video) • Spacer advice • Lifestyle info/ stress management/ exercise • Smoking Cessation advice • Exacerbation management advice • Signpost to British Lung Foundation and other resources

Digital Support Tools to support patient self-management
MyCOPD app offering patient information & education, inhaler technique, online pulmonary rehab classes, smoking cessation support, self-management plan.
Overview of COPD – diagnosis, treatment, and managing flare ups: www.blf.org.uk/support-for-you/copd
Step-by-step guidance on physical activity : https://movingmedicine.ac.uk/disease/copd/#start

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Understanding COPD
- What is COPD: www.blf.org.uk/support-for-you/copd/what-is-copd
- How is COPD diagnosed: https://www.blf.org.uk/support-for-you/copd/diagnosis
- Treatments for COPD: www.blf.org.uk/support-for-you/copd/treatment
- How to manage a flare-up: www.blf.org.uk/support-for-you/copd/flare-ups
- Living with COPD -copd/living-with/ www.nhs.uk/conditions/chronic-obstructivepulmonary-disease-copd/living-with/

COPD Management

You can take advantage of the myCOPD app if your CCG/region has licenses:

myCOPD is an integrated online education, self-management, symptom reporting and pulmonary rehabilitation (PR) system. It helps patients to manage their condition by providing:
- A self-management plan
- Inhaler diary
- A COPD Assessment Test (CAT)
- Pulmonary rehabilitation programme
- Online education tutorials
- Weather and pollution forecasts
- Symptom reporting   NB this is a paid for app and access will depend on whether your local CCG/region has purchased licenses. https://www.nhs.uk/apps-library/mycopd/

Inhaler technique
- Videos showing how to get the best out of your inhalers: www.asthma.org.uk/advice/inhaler-videos/

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Diet
Providing information and recipes for easy ways to eat better from the 'One You' website - www.nhs.uk/oneyou/for-your-body/eat-better/

Exercise
- 'One You' - www.nhs.uk/oneyou/for-your-body/move-more/
- Asthma UK - www.asthma.org.uk/advice/triggers/exercise/
- iPrescribe app offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user. It then sets the duration and intensity of the exercise based on this information, please see free download - www.nhs.uk/apps-library/iprescribe-exercise/
- Getting active around the home: tips, advice and guidance on how to keep or get active in and around the home from Sport England, access for free using link here https://weareundefeatable.co.uk/
- Dance to health: Online dance programme especially tailored to people over 55 years old – www.dancetohealth.org/Online_Session/Online_Sessions

Smoking cessation
Support, stop smoking aids, tools and practical tips – www.nhs.uk/oneyou/for-your-body/quit-smoking/

Mental Health
Tips and suggestions for looking after your mental health – www.nhs.uk/oneyou/every-mind-matters

Peer support
Communities of people living with asthma – www.healthunlocked.com/copd-friends

Long term condition management: implementation support offer

UCLPartners is working with local systems to offer the following support to ensure sustainable and consistent spread:

| **Search/ stratification** | Tools to identify and stratify patients available. These can be downloaded from: https://uclpartners.com/long-term-condition-support/ |

| **Training & education** | **Workforce training includes:**
• **Virtual training** in how to use the protocols, support patient self management and covering motivational interviewing developed by UCLP in partnership with Care City
• **Practical training**: Video training links, e.g. correct inhaler technique; correct BP technique, Very Brief Advice for smoking cessation, physical activity etc
• **Specialist briefings** on the long term conditions |

| **Digital tools** | **Digital Support Tools:** identified innovations to support patient self management that can be embedded into these pathways |

| **Evaluation** | Via a partnership with City University to evaluate the acceptability and feasibility of this framework and the impact it has on raising workforce competence and confidence |

Thank you

For more information please contact:

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