



Post COVID-19 Recovery:

Guidance for contacting COPD  
medium and high-risk groups

The following slides provide a guide for clinicians – e.g. GPs, nurses, clinical pharmacists - to review patients identified within the **medium or high-risk groups** for COPD.

Review of patients with COPD by a clinician can be augmented by remote consultation with **Healthcare Assistants & non-clinical staff** with appropriate training. For example, these staff can:

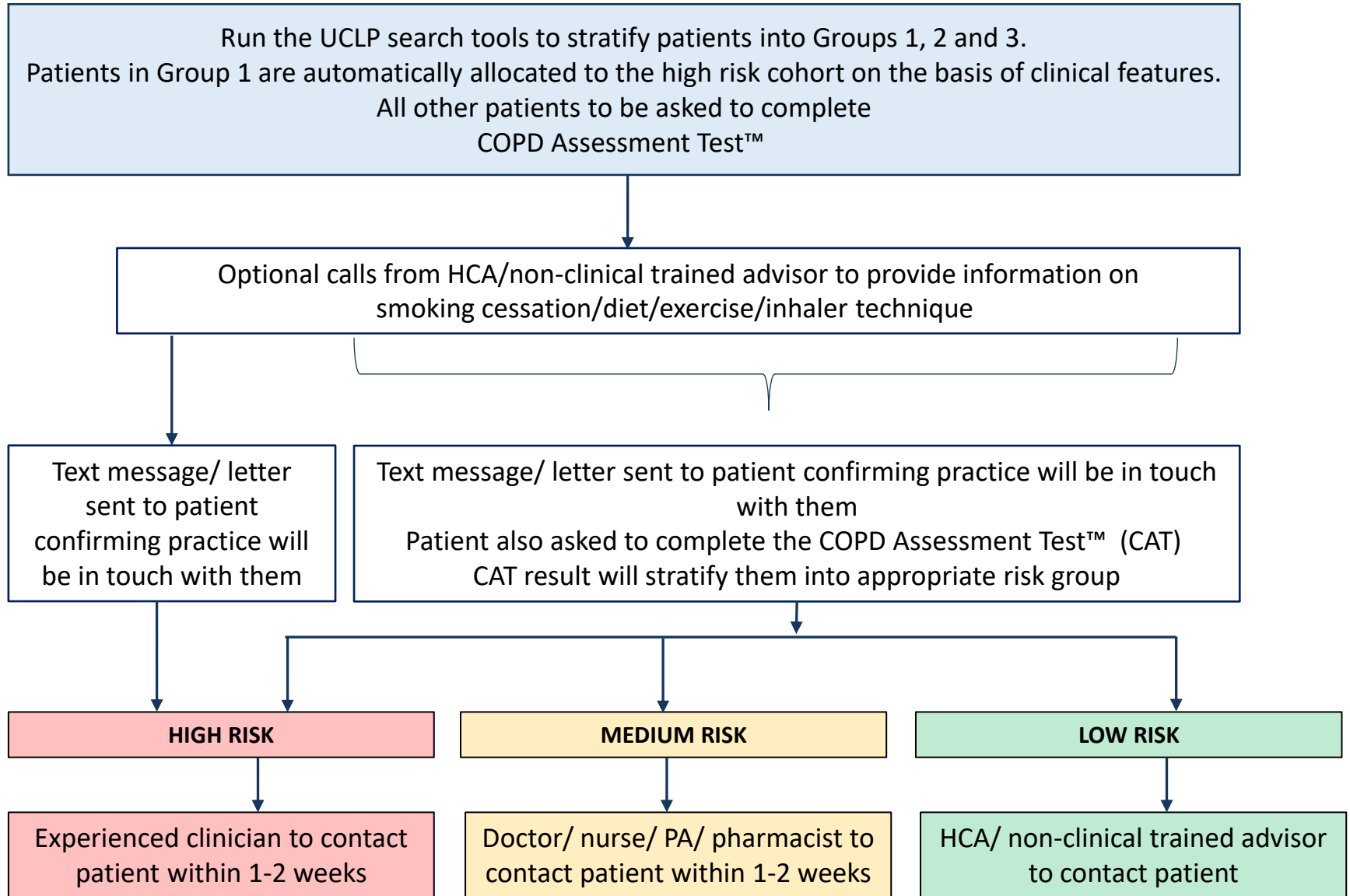
- Send a link for the COPD Assessment Test
- Use online resources to teach inhaler and peak flow technique
- Support patient education and self management
- Support lifestyle change (eg smoking cessation, physical activity, alcohol etc).

This will help ensure holistic care for the patient while saving clinician time. UCLPartners is providing training and a range of resources to support these non-clinical roles.

### Content

- COPD Pathway for medium and high-risk patients
- Protocols to support conversations
- Resource links accessible to patients and their carers

Training and development support is available from UCLPartners



**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
<b>Staff type to contact</b>	GP/ Nurse Specialist/ Specialist Respiratory Pharmacist	Nurse/ Clinical Pharmacist/ Physician Associate	Health Care Assistant
<b>Intervention</b>	<ul style="list-style-type: none"> <li>• Titrate therapy if appropriate</li> <li>• Ensure action plan in place</li> <li>• Check adherence &amp; inhaler technique</li> <li>• Spacer advice</li> <li>• Rescue packs – prescribe if needed</li> <li>• Exacerbation safety netting</li> <li>• If MRC 4/5 - offer Pulmonary Rehab via video consultation /My COPD App</li> </ul>	<ul style="list-style-type: none"> <li>• Check optimal therapy; titrate if appropriate</li> <li>• Check adherence &amp; inhaler technique (video)</li> <li>• Spacer advice</li> <li>• Exacerbation management advice</li> <li>• Repeat CAT test at 4 weeks and escalate to GP/Nurse if red or amber</li> </ul>	<ul style="list-style-type: none"> <li>• Check medication compliance - regular inhaler usage. Signpost to education (video)</li> <li>• Spacer advice</li> <li>• Lifestyle info/ stress management/ exercise</li> <li>• Smoking Cessation advice</li> <li>• Exacerbation management advice</li> <li>• Signpost to British Lung Foundation and other resources</li> </ul>



## 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. <https://mymhealth.com/mycopd>

Overview of COPD – diagnosis, treatment, and managing flare ups: [www.blf.org.uk/support-for-you/copd](http://www.blf.org.uk/support-for-you/copd)

Step-by-step guidance on physical activity : <https://movingmedicine.ac.uk/disease/copd/#start>

The Primary Care Respiratory Society has published a helpful guide to [Clinical Review in COPD](#)



Four key components:

1. Assessment of severity, risk of exacerbations and impact of the disease
2. Reinforcement of smoking cessation advice
3. Step-up of management in response to increasing need
4. Review of self-management advice

## COPD digital resources



Paid for:

**MyCOPD App** - an integrated online education, self-management, symptom reporting and pulmonary rehabilitation (PR) system. It helps patients to manage their condition more effectively with a self-management plan and inhaler diary, a COPD Assessment Test (CAT), a pulmonary rehabilitation program, online education tutorials, weather and pollution forecasts, and symptom reporting.

Free to access:

### **What is COPD – (British Lung Foundation and NHS website links)**

- [www.blf.org.uk/support-for-you/copd/what-is-copd](http://www.blf.org.uk/support-for-you/copd/what-is-copd)
- [www.blf.org.uk/support-for-you/copd/diagnosis](http://www.blf.org.uk/support-for-you/copd/diagnosis)
- [www.blf.org.uk/support-for-you/copd/treatment](http://www.blf.org.uk/support-for-you/copd/treatment)
- [www.blf.org.uk/support-for-you/copd/flare-ups](http://www.blf.org.uk/support-for-you/copd/flare-ups)
- [www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/living-with/](http://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/living-with/)

### **Inhaler technique videos (from Asthma UK website)**

- [www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers](http://www.asthma.org.uk/advice/inhalers-medicines-treatments/using-inhalers)
- [www.asthma.org.uk/advice/inhaler-videos/](http://www.asthma.org.uk/advice/inhaler-videos/)

## Lifestyle digital resources



### Diet:

- NHS 'One You' website [www.nhs.uk/oneyou/for-your-body/eat-better/](http://www.nhs.uk/oneyou/for-your-body/eat-better/)

### Exercise:

- NHS 'One You' website [www.nhs.uk/oneyou/for-your-body/move-more/](http://www.nhs.uk/oneyou/for-your-body/move-more/)
- British Lung Foundation: [www.blf.org.uk/support-for-you/copd/managing-my-copd](http://www.blf.org.uk/support-for-you/copd/managing-my-copd)
- <https://movingmedicine.ac.uk/disease/copd/#start>

### Smoking cessation:

- NHS 'One You' website <https://www.nhs.uk/oneyou/for-your-body/quit-smoking/>

### Mental Health

- NHS 'One You' website [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)