

Poverty, smoking and COPD

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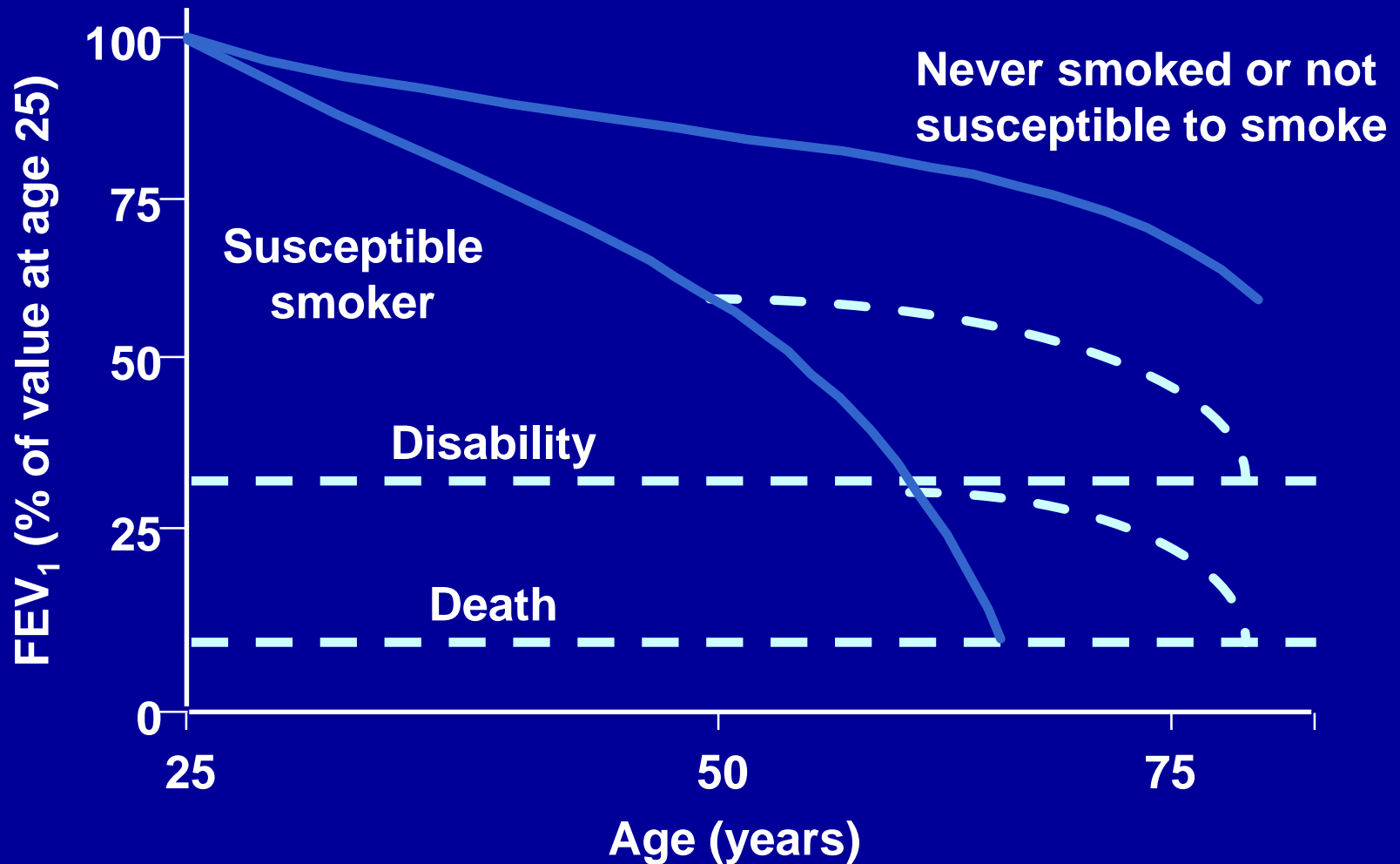
Clinical Lead GG+C Pulmonary Rehabilitation

Clinical Lead Glasgow City Community
Respiratory Team

The Size of the Problem

- COPD affects 129 000 people in Scotland
- Predicted increase of 33% in twenty years
- Most common cause of presentation to hospital in Scotland
- Responsible for 46 346 bed days in GG+C
- Bed occupancy increasing
- Accounts for 6% of all deaths in Scotland (4 500 / annum)

FEV₁ Decline



— — Predicted decline if patient stops smoking

(Fletcher C, Peto R, BMJ 1977; 1:1645-1648)

Prevalence of COPD in GG+C

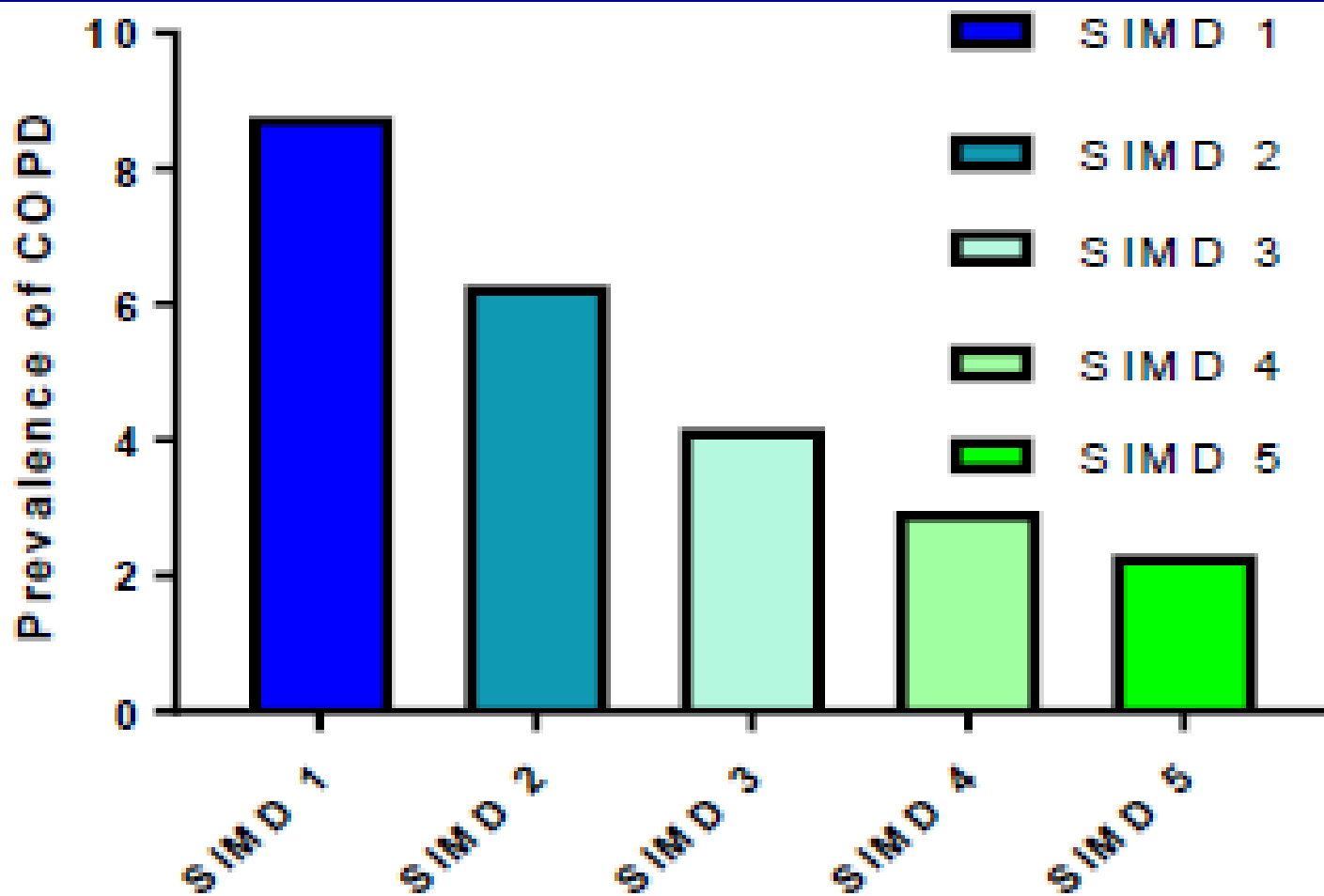
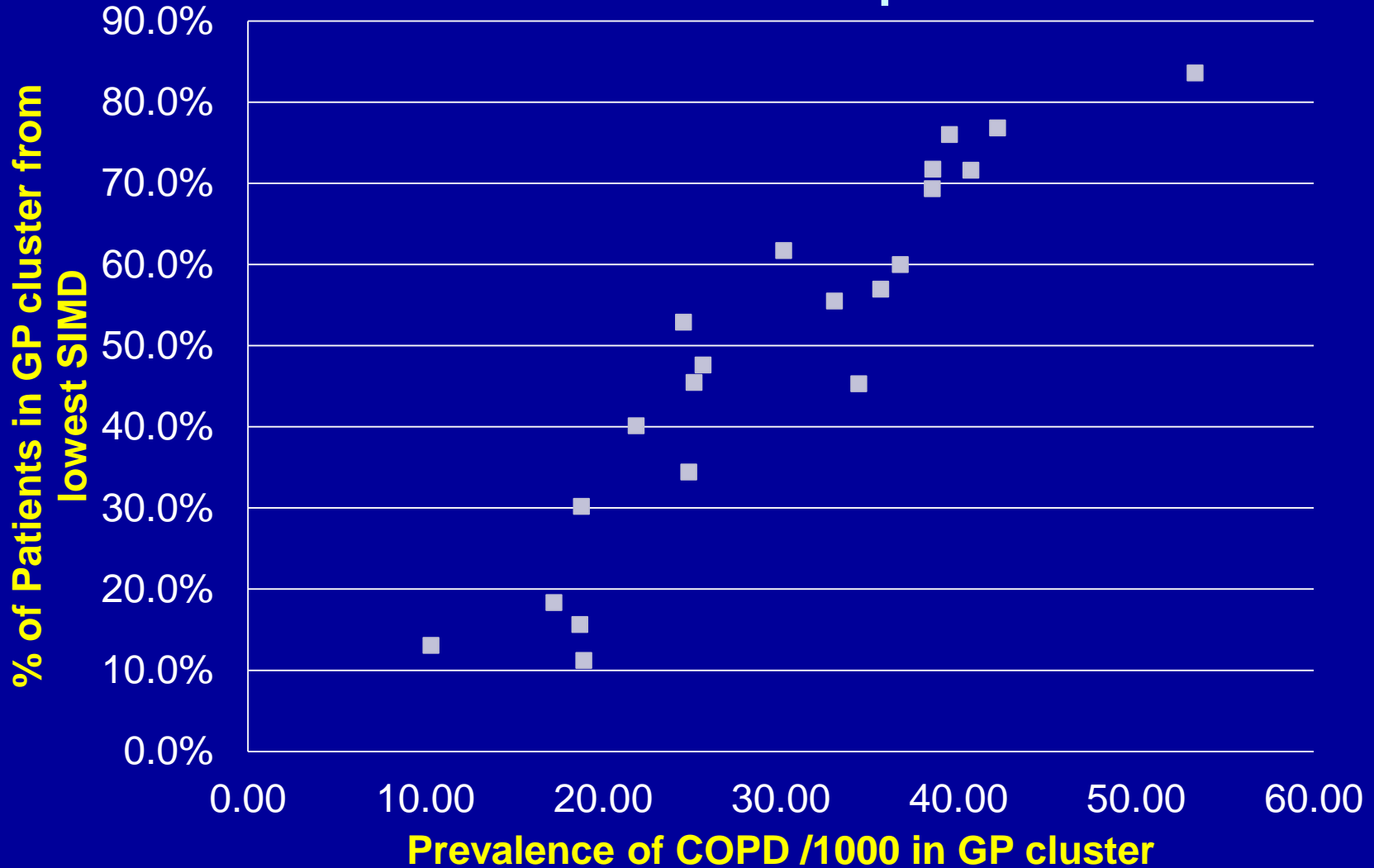


Figure 2 Prevalence of COPD per Socioeconomic status

Percentage of patients in lowest Deprivation in relation to COPD prevalence



Changing Demographics

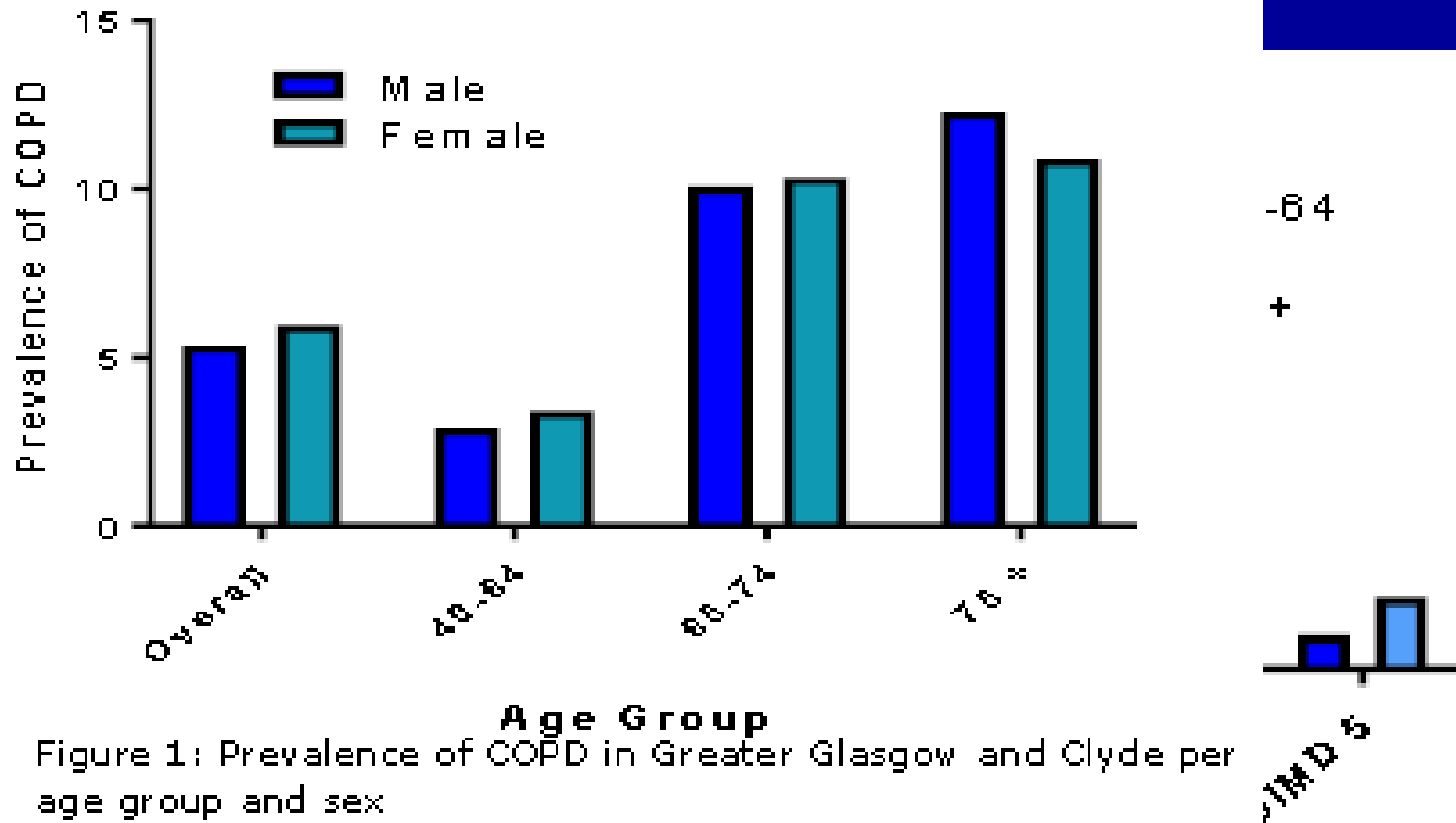
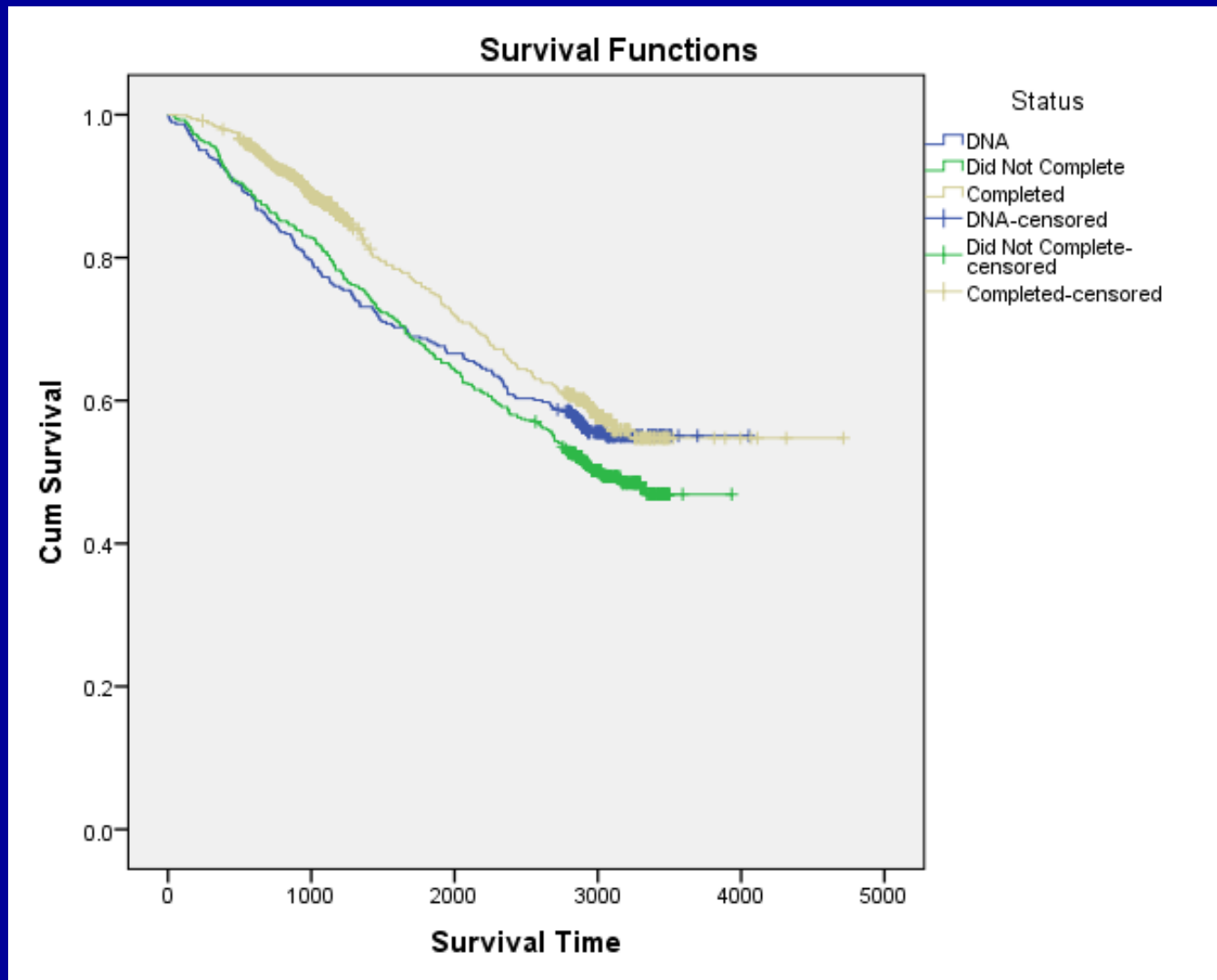


Figure 1: Prevalence of COPD in Greater Glasgow and Clyde per age group and sex

Sociodemographic Group

Figure 3. Proportion of population with COPD per Socioeconomic status and age

Impact of Pulmonary Rehabilitation on Survival



Factors impacting on compliance

- Roughly one third of patients who are referred for Pulm Rehab complete the program
- 1/3 attend but do not complete, 1/3 DNA
- Social Isolation, unstable disease, mental health issues, poor mobility
- Social deprivation
- Degree of Breathlessness

Filling in the Gaps

Community Respiratory Service

- Physiotherapists
- Respiratory nurses
- Pharmacists
- Occupational Therapists
- Dietician
- Rehabilitation support workers
- Consultant Physician

Goal Setting- Patient Centred Approach

- Mobilising outside the home
- Looking after one's health
- Mobilising around the home
- Carrying out daily routine
- Respiratory functions



Community Respiratory Team

- Novel service
- Manage exacerbations at home
- Domiciliary Rehabilitation
- Anxiety management and 3rd sector support
- Goal setting
- Optimisation of therapy with virtual ward round, pharmacy review

Specialist, reactive, coordinated

Advanced
assessment

Breathlessness
Strategies



Emotional Well
being

ADL/ equipment

Self
Management



Chest clearance

Medication Review

Nutritional
health

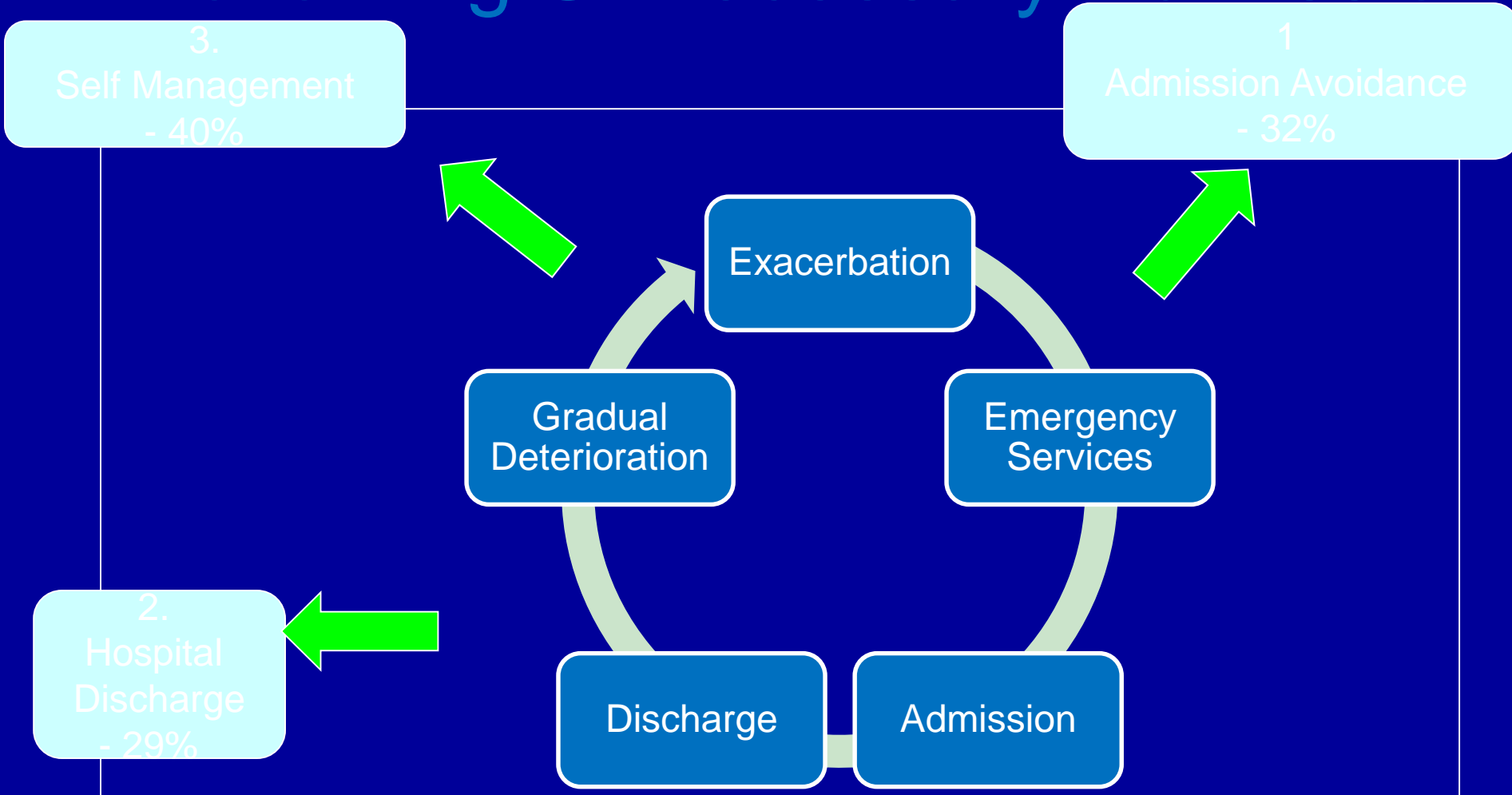


Virtual Ward –
secondary
review

Home PR

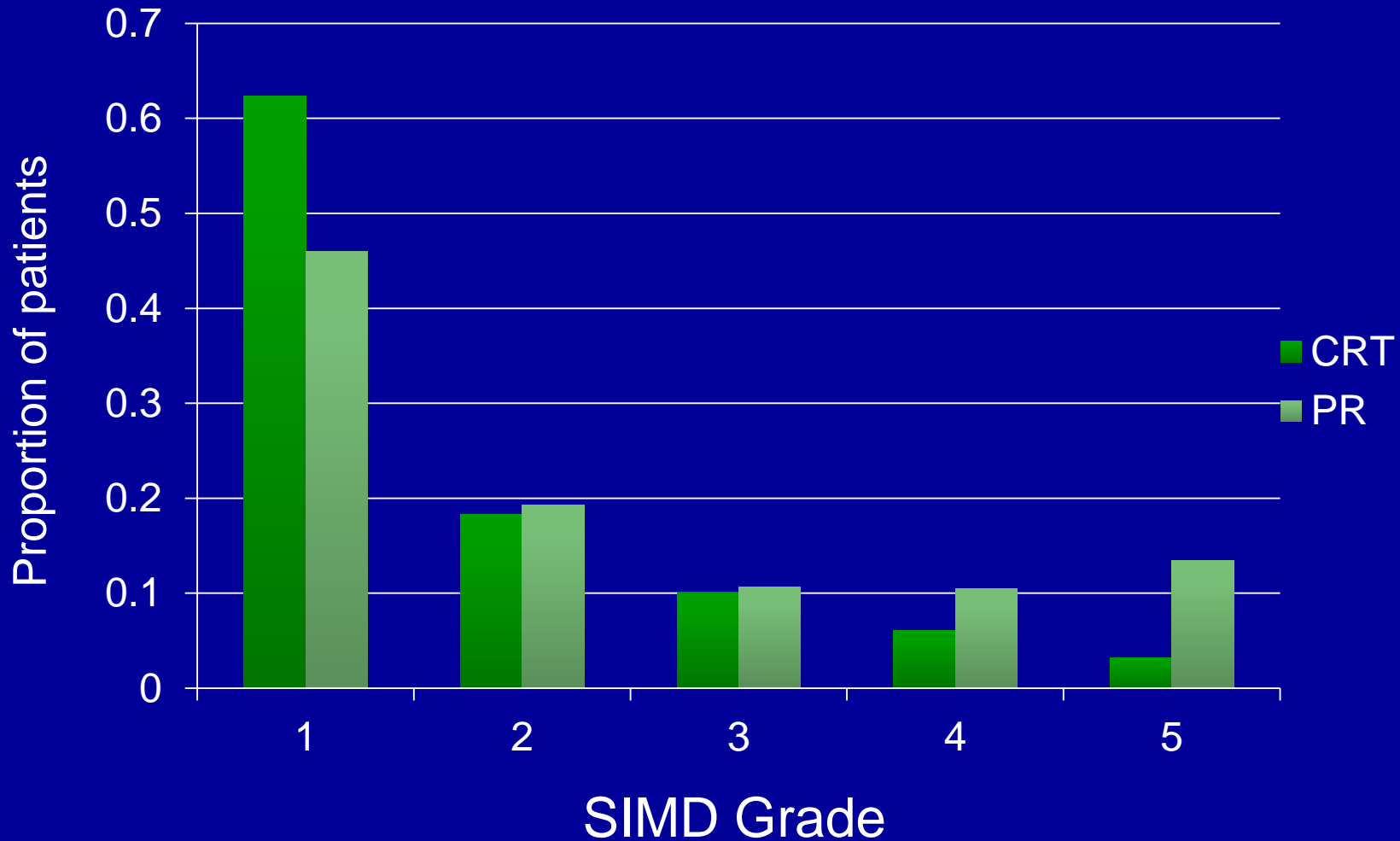
Community
links

Preventing Unnecessary Admissions



• Average 86 NP referrals month

Proportion of Patients completing program compare to SIMD Grade



Community Respiratory Team Initial Evaluation

- Approx 1000 patients in first year
- Hospital avoidance service
 - similar 6 month mortality (8%) and admission rates (20%) to Hospital Admissions
- Significant improvement in QOL
- 45 avoided admissions /month
- Financial net savings of £463,780 to £1,087,564 per annum.