



## UCLPartners Proactive Care Framework:

COPD management

February 2021

- COVID-19 has placed unprecedented pressure on our health system. This brings an added risk to people with long term conditions who need ongoing proactive care to stay well and avoid deterioration. Disruption to routine care may worsen outcomes for patients, increase their COVID risk and result in exacerbations that further increase pressure on the NHS – driving demand for unscheduled care in GP practices and hospitals.
- As primary care transforms its models of care in response to the pandemic, UCLPartners has developed real world frameworks to support proactive care in long term conditions. The frameworks include pathways for remote care, support for virtual consultations and more personalised care, and optimal use of the wider primary care team, e.g., healthcare assistants (HCA), link workers and pharmacists.
- Additionally, the frameworks include a selection of appraised digital tools, training and other resources to support patient activation and self-management in the home setting.
- This work has been led by primary care clinicians and informed by patient and public feedback.
- The UCLPartners frameworks and support package will help Primary Care Networks and practices to prioritise in this challenging time and to focus resources on optimising care in patients at highest risk. It will support use of the wider workforce to deliver high quality proactive care and improved support for personalised care. And it will help release GP time in this period of unprecedented demand.

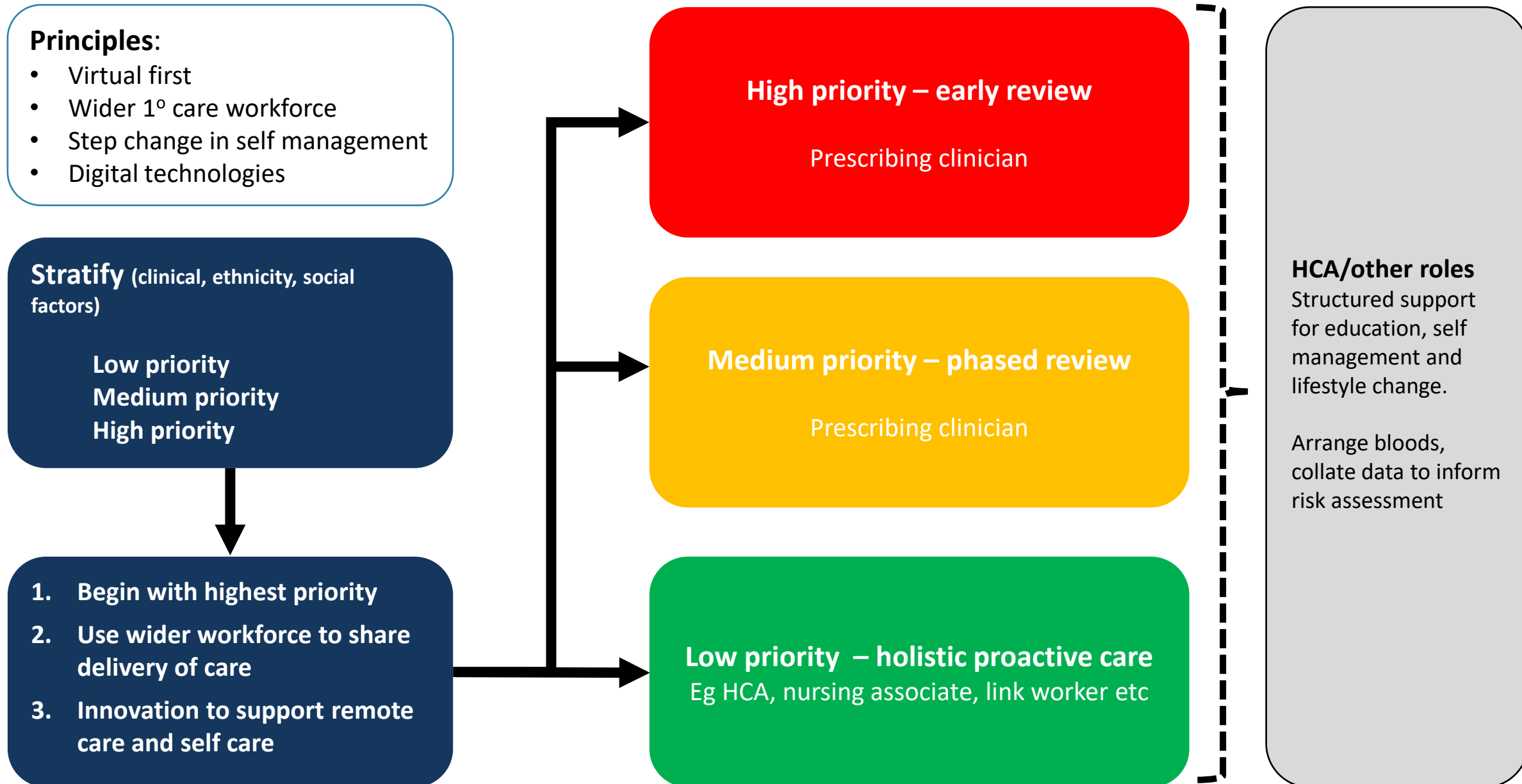
UCLPartners has developed [a series of frameworks](#) for local adaptation to support proactive management of long-term conditions in post-COVID primary care.

- 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:

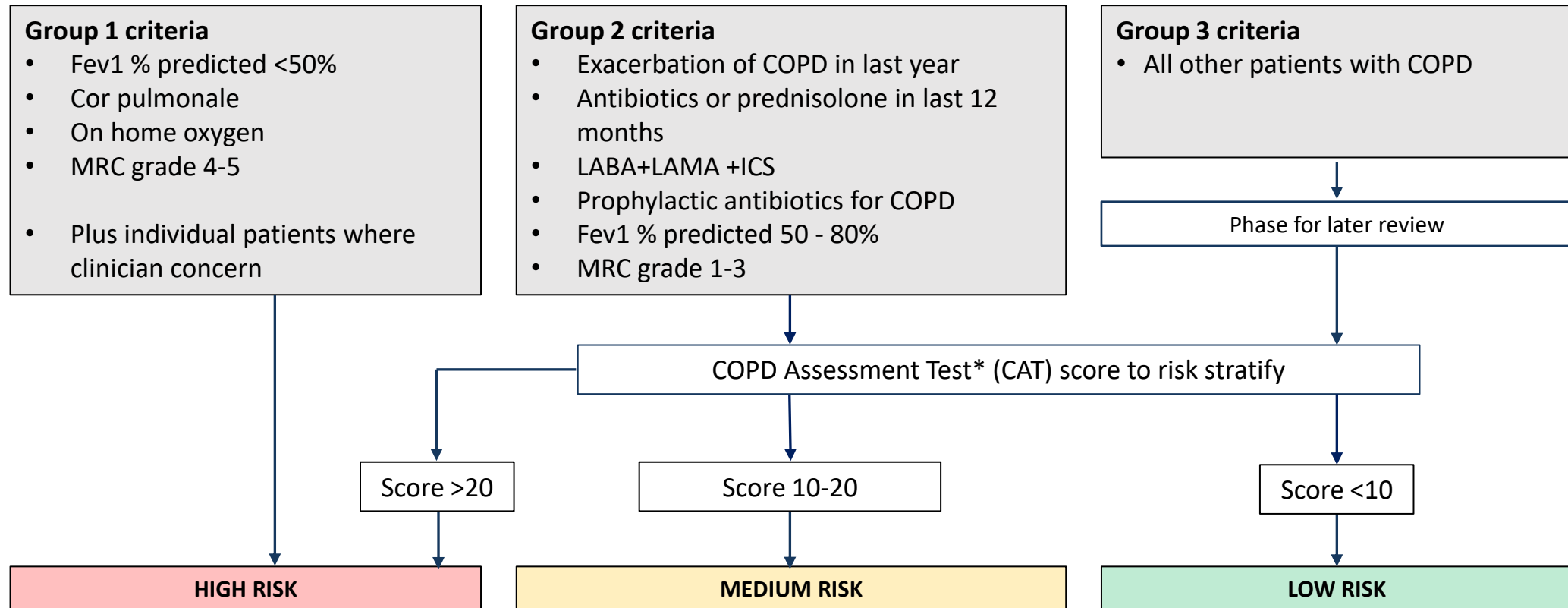
1. Virtual by default
2. Mobilising and supporting the wider workforce (including pharmacists, HCAs, other clinical and non-clinical staff)
3. Step change in support for self-management
4. Digital innovation including apps for self management and technology for remote monitoring





## 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.



\*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/](http://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

Staff type to contact

Intervention

High risk	Medium risk	Low risk
GP/ Nurse Specialist/ Specialist Respiratory Pharmacist	Nurse/ Clinical Pharmacist/ Physician Associate	Health Care Assistant/ other appropriately trained staff
<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.

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](#) as well as [Pragmatic Guidance for Managing Asthma and COPD](#) during the COVID19 pandemic



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



## Understanding COPD

- What is COPD: [www.blf.org.uk/support-for-you/copd/what-is-copd](http://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](http://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](http://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/](http://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/](http://www.asthma.org.uk/advice/inhaler-videos/)





## 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/](https://www.nhs.uk/oneyou/for-your-body/eat-better/)

## Exercise

- 'One You' - [www.nhs.uk/oneyou/for-your-body/move-more/](https://www.nhs.uk/oneyou/for-your-body/move-more/)
- Asthma UK - [www.asthma.org.uk/advice/triggers/exercise/](https://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/](https://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](https://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/](https://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](https://www.nhs.uk/oneyou/every-mind-matters)

## Peer support

Communities of people living with asthma – [www.healthunlocked.com/copd-friends](https://www.healthunlocked.com/copd-friends)

Implementation Support is critical to enable sustainable and consistent spread.  
UCLPartners has developed a support package covering the following components:

## Search and stratify

**Comprehensive search tools** for EMIS and SystmOne to stratify patients

- Pre-recorded webinar as to how to use the searches
- Online Q&A to troubleshoot challenges with delivery of the search tools

## Workforce training and support

**Training tailored to each staff grouping (e.g. HCA/ pharmacist etc) and level of experience**

- **Delivery:** Protocols and scripts provided/ training on how to use these underpinned with motivational interviewing/ health coaching training to enable adult-to-adult conversations
- **Practical support:** e.g. correct inhaler technique; correct BP technique, Very Brief Advice for smoking cessation, physical activity etc
- **Digital implementation** support: how to get patients set up with appropriate digital
- **Education** sessions on conditions
- **Communities of Practice**

## Digital support tools

**Digital resources** to support remote management and self-management in each condition

**Implementation** toolkits available where required, e.g. MyCOPD

Support available from UCLP's commercial and innovation team for implementation

# Thank you

For more information please contact:

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