A Breath of Fresh Air: An integrated approach to COPD Management

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19 June 2018
Partnerships

phn
BRISBANE NORTH

An Australian Government Initiative

Lung Foundation Australia

when you can’t breathe... nothing else matters®

AusHSI
Bringing health innovation to life

Proudly supported by Queensland Health’s Clinical Excellence Division

Queensland Government
Background

Why focus on COPD?

- Estimated 14% of Australians have some degree of COPD or 54000 people in MNHHS
- COPD was the fourth leading cause of burden of disease in Australia in 2011.
- Low Health Literacy results in greater COPD severity, health utilisation and helplessness.
- 15% of all potentially preventable hospitalisations with significant geographical variations
Improving the care of COPD: Diagnosis, Rehab Access and Care Planning

A story about Colin…
Improving the care of COPD: Diagnosis, Rehab Access and Care Planning

Where do we focus our attention?

- Case-finding and accurate diagnosis
- Following the guidelines - COPDx
- Promote self-management
- Improve access to Pulmonary rehabilitation
- In hospital care
Clinical Excellence Division
Queensland Health
23 projects state wide

AusHSI
(QUT Evaluation)

ICIF COPD
Improving Care of COPD: Diagnosis, Rehab Access and Care Planning

Primary Health Initiatives
Pulmonary Rehabilitation Initiatives
Exacerbation Initiative

Collaboration and Integration
The project so far...

The following activities have been developed and are currently underway:

- COPD Clinical Audit
- Spirometry Workshop
- Nurses COPD Workshop
- GP Active Learning Module
Project timeline (needs updating)

- Clinical audit activity
  - 6 months (Oct – Apr)
  - 4th and 11th Oct

- Clinical audit education evening
  - 4th and 11th Nov

- Nurse COPD Workshop (part 1)
  - 4th and 11th Nov

- GP Active Learning Module (Full day)
  - 17th Mar

- Nurse COPD Workshop (part 2)
  - 10th Mar

- Spirometry Workshop (group 2)
  - 3rd Feb

- GP Active Learning Module (Deconstructed)
  - 28th Feb – 14th Mar

- Spirometry Workshop (group 1)
  - 3rd Feb

- Clinical audit activity
  - 6 months (Apr – Oct)

- Spirometry Workshop (group 3 and 4)
Of the 25 practices participating in the COPD clinical audit, 23 had never participated before.
# Project participation

<table>
<thead>
<tr>
<th>Project activity</th>
<th>Practices</th>
<th>GPs</th>
<th>Nurses</th>
</tr>
</thead>
<tbody>
<tr>
<td>COPD Clinical Audit</td>
<td>25</td>
<td>49</td>
<td>27</td>
</tr>
<tr>
<td>GP Active Learning Module</td>
<td></td>
<td></td>
<td>49</td>
</tr>
<tr>
<td>Nurse COPD Workshop</td>
<td></td>
<td></td>
<td>79</td>
</tr>
<tr>
<td>Spirometry Training</td>
<td></td>
<td></td>
<td>23</td>
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</tbody>
</table>
GP practice participation map
GP Feedback

Q1 Rate the speakers and presentations

<table>
<thead>
<tr>
<th>Speaker/Presentation</th>
<th>Average Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>COPD case finding</td>
<td>4.5</td>
</tr>
<tr>
<td>Spirometry interpretation</td>
<td>4.3</td>
</tr>
<tr>
<td>Non-pharmacological advice for GPs</td>
<td>4.2</td>
</tr>
<tr>
<td>COPD medicines</td>
<td>4.1</td>
</tr>
<tr>
<td>Inhaler device technique</td>
<td>4.0</td>
</tr>
<tr>
<td>Self-management and care...</td>
<td>3.9</td>
</tr>
<tr>
<td>Managing exacerbation...</td>
<td>3.8</td>
</tr>
</tbody>
</table>

Nurse Feedback

What did you find most useful/valuable about the education?

“Inhaler device education and ability to trial device technique and receive 'placebo box' of inhalers (to aid in educating patients)”

“Very relevant to general practice well presented, very practical.”

“Excellent job guys will recommend to colleagues very useful resources and information.”

“Thank you very much. Great presenters. Very grateful for the placebo inhalers so we can demonstrate to our patients.”
Spirometry Training feedback

Practice nurse perspective: Samford Valley Medical Centre on the value of spirometry training

As part of their participation in the Integrated Care Innovation Fund Chronic Obstructive Pulmonary Disease (ICIF COPD) project, practice nurses at Samford Valley Medical cannot speak highly enough of the benefits of spirometry training offered by the program.

All three of their practice nurses recently attended spirometry training as part of the ICIF COPD project, which is funded by Queensland Health, delivered by Queensland Health respiratory scientists and coordinated by Brisbane North PHN.

Kate Conroy, one of the practice nurses at Samford Valley Medical Centre, said it was incredibly valuable to undertake formal training on spirometry testing, which supplements the initial training provided by colleagues.

“For all of our practice nurses, the training has increased our confidence and abilities to ensure we’re performing tests correctly, getting accurate results and doing the best by our patients,” Mrs Conroy said.

“With two GPs and three practice nurses involved in the complete ICIF COPD project, our practice is committed to improving outcomes for patients with COPD. We are currently undertaking patient audits to ensure management plans and spirometry tests are up to date.

“I would absolutely recommend this training to other practice nurses, particularly if they’ve only learned how to do spirometry from colleagues. I’m really grateful to the ICIF COPD project for the opportunity to enhance my skills in this area.”

2018 GP active learning modules

To complement the program, GPs are invited to attend a GP Active Learning Module workshop which will cover the latest in COPD diagnosis and management.

<table>
<thead>
<tr>
<th>Date</th>
<th>Saturday 17 March 2018</th>
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<tbody>
<tr>
<td>Time</td>
<td>8.30 am – 4.30 pm</td>
</tr>
<tr>
<td>Venue</td>
<td>Csaboturle Hub</td>
</tr>
<tr>
<td></td>
<td>4 Hasking Street</td>
</tr>
<tr>
<td></td>
<td>Csaboturle Qld 4510</td>
</tr>
<tr>
<td>Cost</td>
<td>Free: Kindly sponsored by the Integrated Care Innovation Fund</td>
</tr>
<tr>
<td>CPD</td>
<td>Activity Number: 109989 Allocated 40 Category 1 points in QI&amp;CPD Program for the 2017–2019 triennium</td>
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For more information or to register, please contact Amie Horwood - COPD Coordinator by phone 07 3630 7454 or email Amie.Horwood@brisbanenorthphn.org.au.
Practice improvements

**Patients coded with COPD - spirometry recording**

- **Spirometry - FEV1/FVC measurement recorded**
  - Practice % Oct '17: 71.9%
  - Practice % Jan '18: 79.0%
  - The PHN % Jan '18: 22.1%

- **Spirometry MBS item recorded - total**
  - Practice % Oct '17: 63.0%
  - Practice % Jan '18: 74.1%
  - The PHN % Jan '18: 36.1%

- **Past 12 months Spirometry - FEV1/FVC measurement recorded**
  - Practice % Oct '17: 24.6%
  - Practice % Jan '18: 46.2%
  - The PHN % Jan '18: 8.2%

- **Past 12 months Spirometry MBS item recorded**
  - Practice % Jan '18: 25.3%
  - The PHN % Jan '18: 12.8%
General practice data challenges

- Residential Aged Care Facility residents
- Transient practice population
- Difficulties performing spirometry for RACF and house bound/supported accommodation patients.
Where to from here?

- Close-out of Clinical Audit Practices (Oct – Apr)
- Recruitment of additional practices for Clinical Audit (Apr – Oct)
- Evaluation of the project
Pulmonary Rehabilitation

What’s the big deal?

- Decreased frequency of admissions and length of stay
- Decreases anxiety and depression
- Improves mood

Decreases breathlessness

- Improves health related quality of life
- Improves exercise capacity
A few issues

What we have...

- It’s too hot

What we need.....

- There’s no parking
- It’s too far
- Wait times are too long
- Didn’t know about it

60% completion rates
By working together we …

**INCREASED ACCESS AND UPTAKE OF MNHHS PULMONARY REHABILITATION**

Established satellite programs  
Combined 3 MNHHS waitlists  
Completed 10 programs  
  - Retirement village  
  - Empty and underutilised spaces  
  - Sports club

Current MNHHS Capacity ~300/year  
Additional 100 places created  
93 people enrolled  
100% completion at Dolphin’s Sports Club
Other pulmonary rehab initiatives

- Pulmonary rehab referral guidelines
  - Consistent inclusion and exclusion criteria
  - Minimum information required for referral
  - Single point of referral RBWH and CISS
  - Listed on refer your patient website

- Listed in practice management software

- Trial procurement with a private provider
Preliminary satellite program outcomes so far

<table>
<thead>
<tr>
<th></th>
<th>July 2017-June 2018</th>
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<tbody>
<tr>
<td>Completion rate</td>
<td>77%</td>
</tr>
<tr>
<td>Average change in 6MWT</td>
<td>56.73m (21%)</td>
</tr>
<tr>
<td>Average decrease in SRQ</td>
<td>6.9</td>
</tr>
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Other outcomes
• Decreased wait times
• Increased uptake
• High patient satisfaction
Some of our happy customers and team members
The COPD journey in and around hospital

Established a MNHHS wide Exacerbation Working Group

- Network development; Interdisciplinary, MNHHS wide, external organisations
- Designed and conducted clinical chart audits
- Advisory group to other aspects of project and proposed shared care platform
- Developed draft Care Coordination Model of care
- Developed an Assessment and Management Tool
Where to from here ICIF

- Continue Primary Health Initiatives until October 2018
- Advocate to integrate satellite programs into business as usual
- Progress Single Point of referral for pulmonary rehabilitation for MNHHS
- Source funding for trial of Care Coordination Model of Care
- Continue Pulmonary Rehabilitation Working Group
- Merge Exacerbation Working Group with Core Thoracic Working Group
Final message

Partnership

Collaboration

Integration
Questions