



Supporting your professional development and your practice team

The following document provides you with a snap-shot of one of PCRS-UK's online case studies.

As healthcare professionals we're constantly dealing with new and challenging situations in our clinical practice. And we've a duty to ensure that our everyday clinical practice is based on current evidence and guidance. Case histories provide a useful medium in which to consider our current knowledge, reflect and review resources and materials to support our knowledge and skills, and identify areas of practice where we may require further learning.

These case histories offer you a chance to review your own knowledge and skills in managing patients with common respiratory conditions. Each case history is divided into three different steps and once completed members have the opportunity to produce a Certificate of Completion, which is provided in print-ready electronic PDF format for personal development portfolios. You'll find an example of a Certificate of Completion attached.

With a series of online questionnaires, case histories and slide kits - the PCRS-UK offers members a range of resources, which can be used independently as part of individual personal professional development or as a platform for practice based training activities.

The PCRS-UK also offers members' access to its Skills Levels Document, which outlines the minimum, intermediate and advanced skills set to support practice nurses, assess their own skill level in respiratory medicine and secure appropriate training and support to enable them to deliver optimal respiratory care.





The Primary Care Respiratory Society UK

Inspiring best practice in respiratory care

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Case History Introduction

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Case History 3

Mustn't grumble doc... The elderly patient who's coughing and gasping

Step 1

Patient:

John, aged 72 years. Lives with his wife Elsie. John has been a smoker for 48 years and continues to smoke.

Previous Medical History

- Severe COPD (FEV1 49% predicted)
- Carcinoma of the prostate 5 yrs ago well controlled on goserelin (PSA 3.2)
- Chronic lymphoedema
- Cholecystectomy in 2001
- Hypertension

Current Treatment

- Regular ICS / LABA combination and tiotropium, with salbutamol as required
- Enalapril 10mg

Current complaint

- Lost interest in life in general
- Tired all the time
- Headaches

Suggested Areas of Study

Using the resources listed on the right as learning tools, answer the following questions:

1. What are the symptoms of anxiety and/or depression in COPD?
2. How would you identify and confirm if the patient is depressed and/or anxious?
3. What other conditions should you consider?
4. What therapeutic options are available to help you in managing this patient's anxiety/depression?

When you have completed this section please click [HERE](#) to proceed to Step 2

Tools and Resources to Help you Learn About Managing Depression/Anxiety in COPD

Primary Care Respiratory Society UK Conference Webcast
CBT in a ten-minute consultation
Dr Jennifer Cleland
Click [here](#)

Primary Care Respiratory Society UK Guidance for the Diagnosis and Management of COPD
based on NICE 2010 updated guidance
Click [here](#)

Primary Care Respiratory Society UK Opinion Sheet
COPD Review
Click [here](#)

Primary Care Respiratory Society UK Opinion Sheet
Self management and self-care
Click [here](#)

Primary Care Respiratory Society UK
Consultation on Draft COPD Strategy
Online Quick Guide

British Lung Foundation Patient Information - Dealing with Depression
Click [here](#)

British Lung Foundation Patient Information - Dealing with Anxiety



PCRS-UK Certificate of Completion of Study for Personal Reflection

PCRS-UK Educational Case History Programme

Case Study 1: Asthma and Allergy in childhood and adolescence

Membership number:

Name:

1. I declare that I am a member of the PCRS-UK with membership number 00149 and that I have completed all three steps of the above case study available at the [PCRS-UK website](#).

2. **Date I completed the case history**

3. **Time spent on this project (number of hours)**

4. **What PCRS-UK resources I accessed whilst working on this case history?**

5. **What other resources have I referred to whilst working on this case history?**

6. **What key points did I learn about that will change my own practice?**

7. **What further study do I need to undertake to improve my knowledge in this area?**

8. **What changes (if any) do I need to make to benefit patient care in the team that I work with and how will I make this happen (practice meetings / guidelines / protocols / templates etc)?**

Note: This certificate has been self-completed by members of PCRS-UK who have completed a PCRS-UK educational activity. The PCRS-UK cannot confirm the level of participation and are unable to offer any guarantees as to the level of involvement of individuals participating in this programme. No authentication or verification is undertaken by PCRS-UK.

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Want to keep up-to-speed with all the latest developments in respiratory primary care?



These case studies are just a small part of what the PCRS-UK can do for you, your colleagues and your practice team. Join the PCRS-UK today and you can join the people already making a difference in respiratory primary care.

Whether you're a primary care nurse searching for tried and tested protocols, a GP looking for guidance on COPD diagnosis and management, or a respiratory specialist interested in the latest research, it makes sense to become a member of the Primary Care Respiratory Society UK.

As a member, you'll have unlimited access to a wealth of specialist respiratory care information, expertise and resources and practical everyday tools.

Join the PCRS-UK today and get all these benefits

- ✓ **Make life easier.** Become a member of the PCRS-UK and discover a wealth of credible respiratory care information all in one place
- ✓ **Keep pace with developments.** From COPD guideline changes to managing asthma, there's a best practice resource waiting for you
- ✓ **Get help with professional development.** Save time. It's ready to download and you can even share it with your practice staff
- ✓ **Benefit from expert advice.** From managing allergic rhinitis to using spirometry, you'll find even more easy-to-follow Opinion Sheets online
- ✓ **Read regular e-alerts.** Get the latest respiratory information, news and updates, direct to your inbox.

Choose your membership options

Practice Membership

Join the PCRS-UK Practice Membership scheme today. No matter how big your team, one subscription fee means everyone in your practice can access the latest resources, written by experts who understand both primary and respiratory care.



Premium Membership

Designed for those with a specific interest in respiratory disease. Offers all the benefits of regular membership PLUS discounts at events, access to the respiratory leader programme and a free hard copy of quarterly PCRJ.



E-connect Membership

If you don't work in a practice, or just want to join as an individual, E-connect membership offers all the benefits of practice membership as an affordable alternative.



Join today and get the support of the UK's leading respiratory primary care experts

visit www.pcrs-uk.org/join or call 0121 767 1928

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