

Optimising The Dragon: Liverpool Community Respiratory Team Optimising Drug Service Users.

Authors: Katie Lowe BSc RN (Hons) ,Gill Brocklehurst BSc Physio(Hons)MSCP,HCPC. Rachael Carson BSc RN (Hons), Linda Humphreys MSc, RN (Adult) Victoria Stoddern BSc RN (Hons) clinical lead, Brook Place Clinic.

Introduction

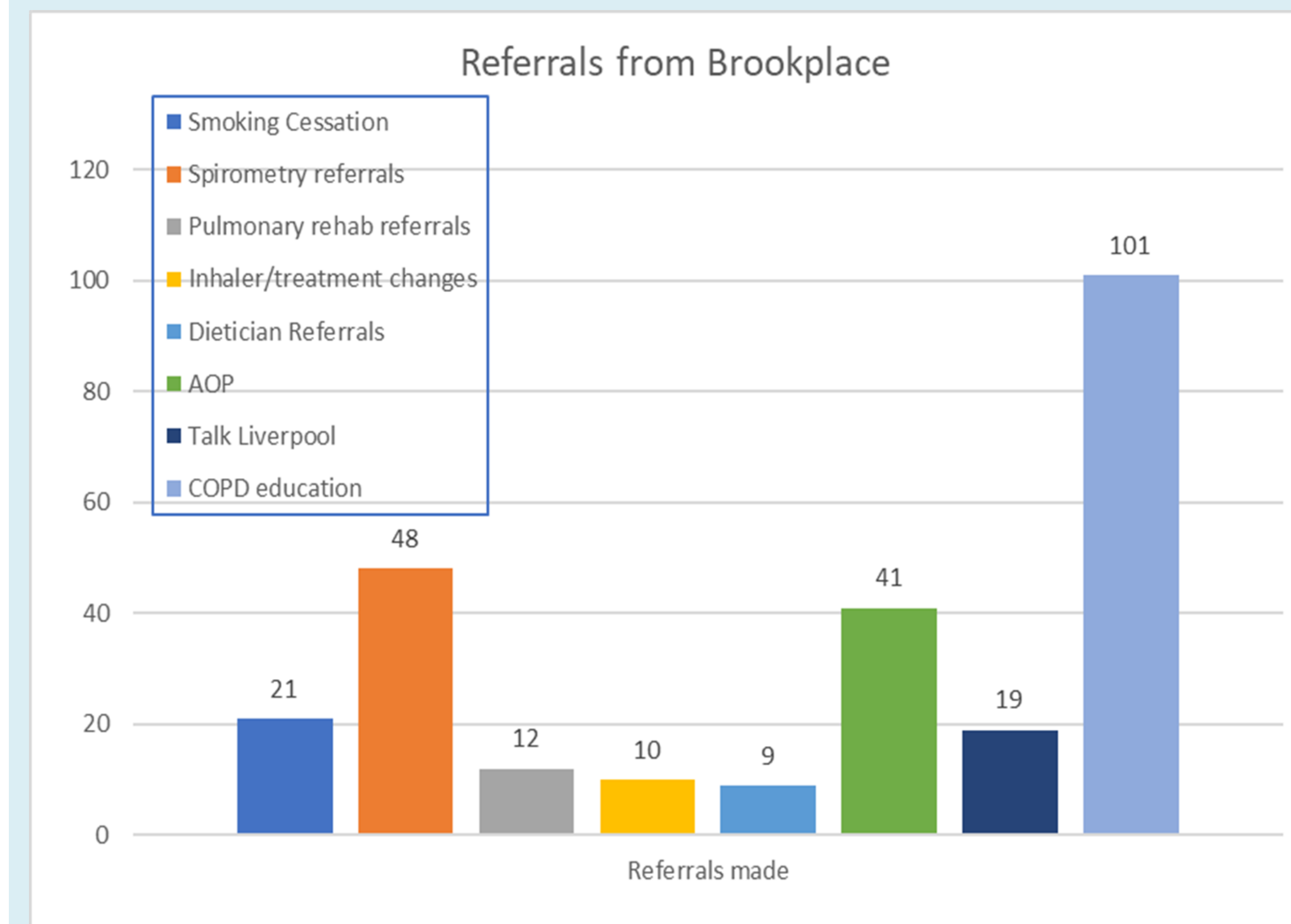
The Liverpool Community Respiratory Team (CRT) is a multi-professional team which specialises and supports patients with COPD. Liverpool CRT has initiated a trial study alongside Brook Place, a local community addiction clinic, to pilot COPD optimisation clinics for heroin and crack cocaine smokers who are a high risk of developing COPD. This pilot project has been introduced since it has demonstrated in recent years that heroin and crack cocaine smoking is connected with severe and early onset COPD.



Method

A group of 101 clients who were receiving Opiate Substitution Treatment at Brook Place were directed to CRT for a drop-in clinic. We also reviewed housebound clients who were visited by a CRT at home with a Brook Place mental health nurse or key worker.

Data Analysis



Case Study

42 year old male with established history of smoking crack cocaine/ heroin, also a current tobacco smoker with a 30 pack year history. Currently under Brook Place for methadone programme but still an occasional user. Attended COPD optimisation drop in at Brook, no confirmed diagnosis but probable COPD. Referral made to spirometry and follow up review at drop in COPD clinic. Diagnosis of very severe COPD FEV1 28%, fully optimised on inhalers, Pulmonary Rehab, Smoking cessation, Advice On Prescription, education and rescue pack issued. Discussed in MDT with Respiratory Consultant and offered secondary care appointment due to age and severity.

Results

All Brook Place clients seen by CRT were educated about the risks of Smoking and COPD. 31% accepted a referral for smoking cessation. All 101 clients smoke tobacco. The majority of these clients also smoke heroin or crack cocaine. 48% of clients did not have a COPD diagnosis, though they were referred for a reversible spirometry diagnostic test. 12% of patients diagnosed with COPD and had an MRC score of 3 or above those who accepted were referred to pulmonary rehabilitation. 10% of patients eligible for triple switch inhalers were switched and optimised by assessing their inspiratory flow using the appropriate inhaler device. 9% of patients with a MUST score of 3 or above were referred to a dietitian. 41% of clients were referred to Advice on Prescription, this is a social prescribing service provided by Citizens Advice. Many of the clients we see in Brook Place are unemployed, work in low-wage jobs, or have severe respiratory problems. This service helps patients work towards debt reduction, financial stability, better housing, employment conditions, and reduce social isolation. It also provides a wellbeing service that aims to combat loneliness and isolation in our community. 19% of clients accepted a referral to Talk Liverpool, a free NHS program that provides psychological therapy to patients who suffer with anxiety and or depression within Liverpool.

Conclusion

This pilot project is still in its early stages. Nonetheless, we determined that spirometry testing at the clinic would be more beneficial, as most clients find it difficult to attend outpatient clinics due to financial difficulties and a chaotic lifestyle. Spirometry testing has become much more difficult as a result of the covid pandemic. However, this will be implemented in the coming months.