#### Proactive identification and support of rising risk COPD patients in deprived Southampton

#### PCNs:

# A WINTER PREPARATION INITIATIVE Funded by NHS

England

Kate Gillett<sup>1</sup>, Carla Astles<sup>2</sup>, Rachel Bailey<sup>3</sup>, Ruth E Barker<sup>3</sup>, Sarah Denton<sup>4</sup>, Maria Eurton<sup>1,5</sup>, Emma Ray<sup>2</sup>, Zoe Pond<sup>4</sup>, Victoria White<sup>2</sup>, Tom Wilkinson<sup>4</sup> and Hannah Burke<sup>4</sup> 1. Living Well Partnership PCN, 2. Southampton Central PCN, 3. Health Innovation Network Wessex, 4. University Hospital Southampton, 5. HIOW ICB.



Kate Gillett is the Lead Respiratory Nurse Specialist at Living Well Partnership Primary Care Network

Kate.gillett@nhs.net

Dr Hannah Burke is a Consultant Respiratory Physician at University Hospital Southampton

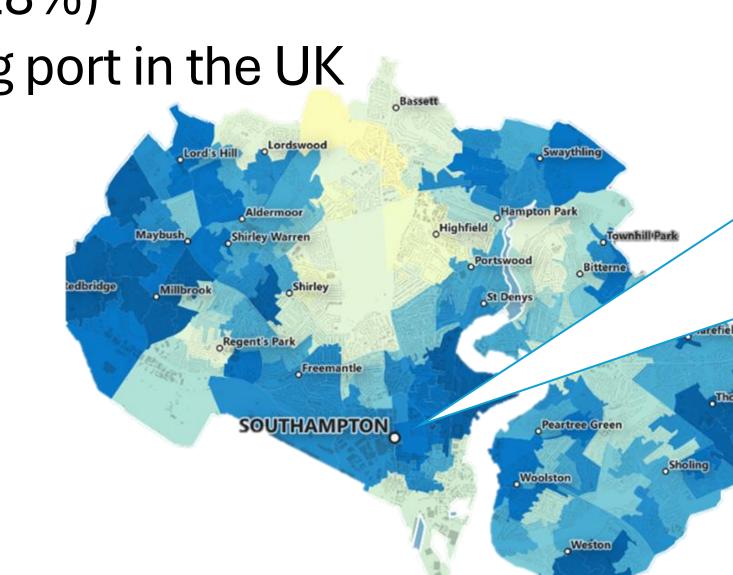
Hannah.burke@uhs.nhs.uk

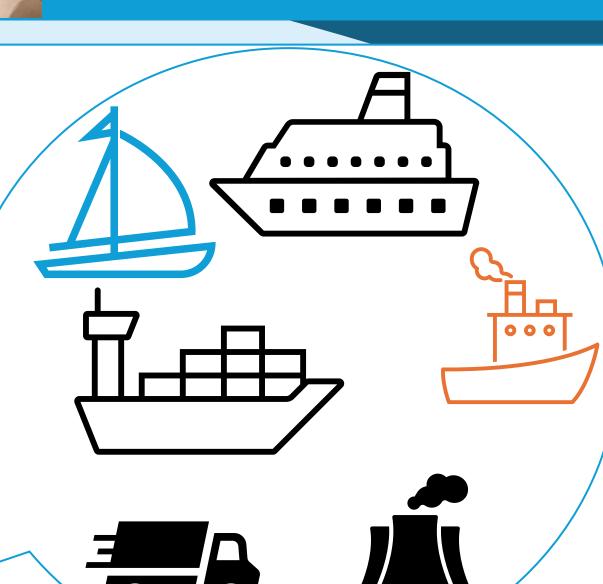
### The rising risk

Patients with COPD who are vulnerable to exacerbations are considered to have 'rising risk'; they are often unknown to services and from deprived communities leading to poor outcomes and inequitable care.



- >8% in deprived Primary Care Networks (PCNs)
- High smoking rates (up to 28%)
- Largest city-based shipping port in the UK
- Pollution-related mortality





#### Project aims:

Proactively identify and support rising risk COPD patients through specialist nurse-led reviews to deliver value-based care, enhance self-management, and address health inequalities in preparation for winter.

# What did we do?

O Optimal treatment

P Pulmonary Rehabilitation

**Tobacco** Dependence Services

Inhaler technique

Maximising vaccination coverage

**Increasing** physical activity

Support for psychosocial wellbeing

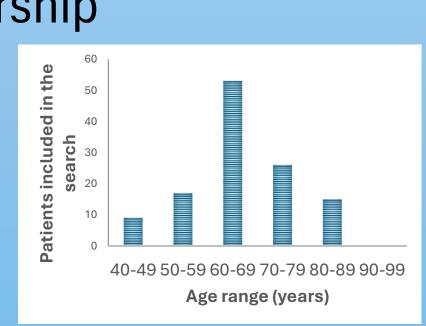
**Education** and self-management

#### Ardens search tool

Two high deprivation PCNs (Living Well Partnership and Southampton Central)

#### 495 patients identified

(based on COPD diagnosis and **at least** one course of antibiotics or oral corticosteroids in 12 months



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# Comprehensive review

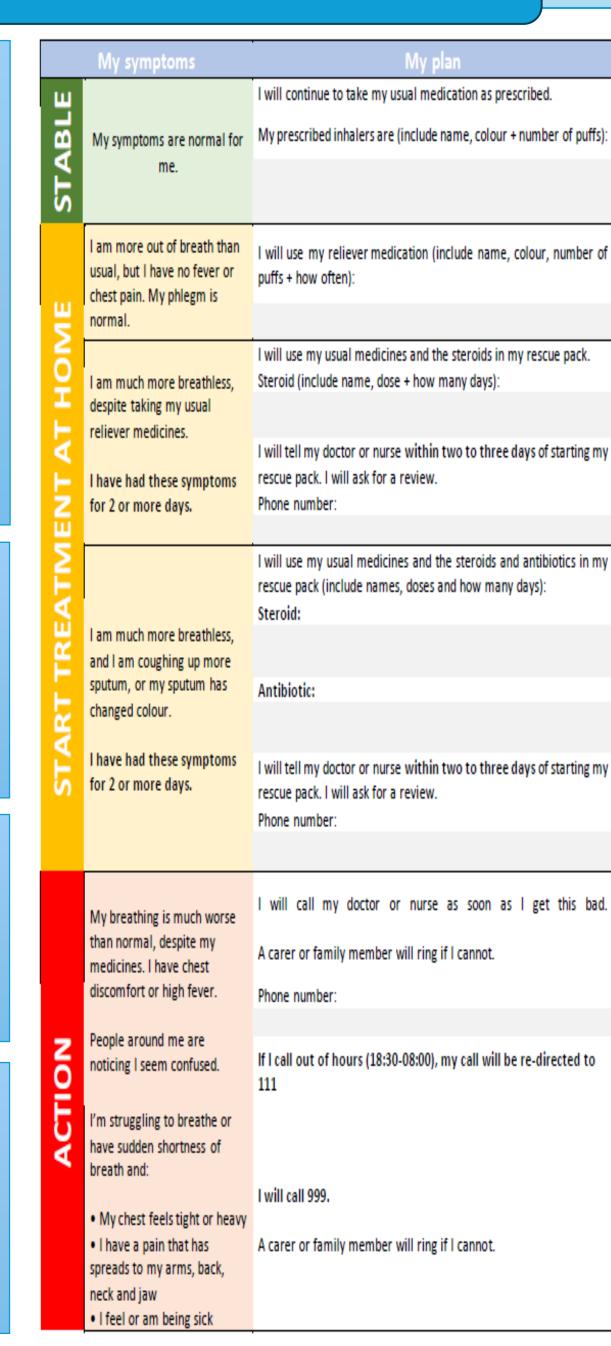
66 patients received a comprehensive review in the community within a 2-month period.

## Self-management support

included access to the digital self-management tool, myCOPD.

# Single-point of access

telephone line was provided for patients to use if more support was needed at the time of exacerbation.



Staff highlighted the need for specialist skills, an integrated approach with support from wider community teams, and improved search tools.

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### Patient Feedback

72% patients felt supported

62% reported improved COPD management

76% would recommend the review

# Conclusion and future steps...

A **targeted** approach to deliver specialist nurse-led reviews can **effectively** identify and address clinical and psychosocial needs of rising risk COPD patients in deprived populations.

**Robust** search tools, multidisciplinary collaboration, and digital support are **critical** for successful implementation.

National evaluation and meta-analysis will inform future scale up, balancing quality with broader reach.

#### RESULTS

17% had medicines optimised

33% had inhaler technique improved

18% received new rescue packs

12% had PR referrals

19% smokers referred to tobacco dependency services

65% had psychosocial support offered - 19% referred

76% of those referred for myCOPD activated the app

#### References

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