The Role of the Respiratory Nurse Specialist; Now and the Future: A dedicated session for respiratory nurse specialists

Joanne King and Debbie Roots
Association of Respiratory Nurse Specialists (ARNS)

PCRS Respiratory Conference
20th and 21st September 2019
The Developing Role of the Specialist Nurse

- **Calman Report**
  - 1991 & 1993

- **Advanced Practice Toolkit 2008**

- **USA 1960**

- **UK 1980**

- **RCN 1990’s**

- **DOH/Crown report**
  - 1992 & 1999

- **RCN Accreditation & Credentialing 2017/8**

- **Fitness for Practice 1999, Making a Difference 1999, NHS Plan 2000**
Influencing Factors

- Specialist/ANP/ACP
- Education
- Local/National Regulation
- Policy
Q1
How many titles used to describe specialist nurses do you think exist?

Answers:

20-30
30-50
50-70
Evidence to Support Specialist Nursing

Within this climate it is crucial that strategies for effective recruitment, retention and succession-planning for nurses in specialist roles are put in place. The role of respiratory nurses will become ever more important as the population living with long-term respiratory conditions increases.

(British Lung Foundation, 2016); The Battle for Breath: the impact of lung disease in the UK.
Q2 Discussion

Should there be a national agreed level of educational for nurse specialists?

Answers:

yes
No
Unsure
Fit to care: key knowledge skills and training for clinicians providing respiratory care

Ren Lawlor
Senior Lecturer Adult Nursing and Paramedic Science, University of Greenwich, London, UK, Education

Data produced: June 2017
Resource Reference Number: PCRS-UK/FTC/JUN2019/V2
### Key knowledge and skills required for clinicians providing standard respiratory care

<table>
<thead>
<tr>
<th>Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accurately record clinical data and understand its significance, for example:</strong></td>
</tr>
<tr>
<td>o Heart rate and rhythm, respiratory rate, pulse oximetry, peak flow rate, blood pressure, carbon monoxide level</td>
</tr>
<tr>
<td>o Scoring tools: RCP questions/ACT questionnaire, CAT score, MRC Breathlessness Scale</td>
</tr>
<tr>
<td>o Mental health scoring tools</td>
</tr>
<tr>
<td><strong>Understanding of commonly used respiratory medications including indications, safety, optimal dosing, inhaler and NRT delivery devices and techniques</strong></td>
</tr>
<tr>
<td><strong>Understanding of non-pharmacological interventions such as weight management, physical activity and psychological interventions</strong></td>
</tr>
<tr>
<td><strong>Understanding of the holistic approach to management of long-term conditions and their impact on physical and mental well-being and the supportive role of the healthcare professional</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Knowledge</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Good understanding of respiratory anatomy and function</strong></td>
</tr>
<tr>
<td><strong>Good understanding of more common respiratory pathophysiology</strong></td>
</tr>
<tr>
<td><strong>Familiar with local, national and, where relevant, international guidelines for management of asthma and COPD, for example:</strong></td>
</tr>
<tr>
<td><a href="https://www.nice.org.uk/guidance/cg101">https://www.nice.org.uk/guidance/cg101</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Training</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clinicians working at this level should have basic training in how to conduct a respiratory review accurately in a well-managed patient living with a respiratory disease</strong></td>
</tr>
<tr>
<td><strong>Local NHS approved training/in-house training with a suitably qualified professional with an expertise in the field of respiratory care</strong></td>
</tr>
<tr>
<td><strong>Ongoing clinical supervision with a qualified mentor working at an advanced or expert level in the field of respiratory care</strong></td>
</tr>
<tr>
<td><strong>Completion of NCSCT online training “Very Brief Advice on Smoking” or similar online, locally provided accredited course, for example:</strong></td>
</tr>
<tr>
<td><a href="http://elearning.ncsct.co.uk/vba-stage_1">http://elearning.ncsct.co.uk/vba-stage_1</a></td>
</tr>
<tr>
<td><a href="https://pcrs-uk.org/tobacco-dependency-0">https://pcrs-uk.org/tobacco-dependency-0</a></td>
</tr>
</tbody>
</table>
## Key knowledge and skills required for clinicians providing Advanced Respiratory Care

### Skills
- Able to review medication and alter/refer for alterations where necessary
- Able to formulate and review self-management plans with patients and their families/carers, etc

### Knowledge
- Specialist knowledge and understanding of anatomy and physiology with regard to the cardiopulmonary system
- Specialist knowledge and understanding of the pathophysiology of both common and less common respiratory conditions
- In-depth knowledge of evidence-based treatments for tobacco dependency to assist smoking cessation attempts as well as common respiratory conditions, both non-pharmacological and pharmacological

### Training
- Diploma level module/s in respiratory assessment relevant to practice; asthma; COPD
- Completed NCSCT Training and Assessment Programme for Smoking Cessation and be on the NCBCT register of certified practitioners

---

2019 PCRS Respiratory Conference
## Key knowledge and skills required for clinicians providing expert respiratory care

<table>
<thead>
<tr>
<th>Skills</th>
<th>Knowledge</th>
<th>Training</th>
</tr>
</thead>
</table>
| • ARTP accredited spirometry certificate – both undertaking and interpretation  
  • Able to take full history and possess clinical examination skills including percussion and auscultation | • Be able to consider differential diagnoses and investigate as such  
  • Be able to interpret results to lead to accurate diagnosis or appropriate trial of treatment  
  • Understand importance and relevance of motivational interviewing techniques, particularly with regard to treatment for tobacco dependence, adherence to treatment, etc.  
  • In-depth knowledge of evidence-based pharmacological and non-pharmacological interventions  
  • Knowledge of appropriate referral pathways including urgent referral criteria | • MSc level or equivalent course in advanced assessment skills  
  • Relevant mentorship course to enable teaching and mentoring of colleagues |
Q3

Is a competency based programme adequate for specialist roles?

Answers:

Yes
No
Unsure
Q4

Do we want an educational standard to accompany the various roles of respiratory nursing?

Answers:
Yes
No
Unsure
Specialist v Generalist

Q5 Discussion

*Do patients benefit from seeing a respiratory nurse specialist more than a nurse with a more generalist approach?*

**Answers:**

- Specialist nurse more beneficial
- Generalist nurse more beneficial
- Patients’ benefit from seeing both
Specialist nurses are highly valued by patients and as we face the impending crisis in nursing recruitment generally, it is now imperative that the issue of role titles is prioritised. This will provide clarity and inform the development of future career choices and pathways.

C Kelly 2019-NT
ERS White book 2013

Respiratory nurses have an important role in patient education, the enhancement of patient self-management and the management of care. For more than 20 years, the British Thoracic Society (BTS) has recommended that respiratory nurse specialists should be attached to all respiratory medicine departments to act as a link between the hospital and the community.

Several studies have examined the role of respiratory nurse specialists. It has been shown that they are effective in guiding self-management in asthma patients, and in coordinating an integrated care pathway focusing on identification, early intervention and management in COPD, including supervision of early hospital discharge and long-term care.
Q6

Do we want protected titles and standardisation of roles and role titles?

Answers:

Yes
No
Unsure
Q7

Do we want compulsory national regulation?

Answers:
Yes
No
Unsure
Q8

Is there a difference between Advanced Nurse Practitioners and Clinical Nurse Specialists?

Answers:
Yes
No
Unsure
Discussion:

How do we protect Respiratory Nursing for the future?
We need your feedback!

Rate each session:

Please check into each session you attend on the app and give it a star rating from 1 (poor) to 5 (excellent)