

**The Federation of Family Practices, West Belfast and GSK Joint Working to Reduce the Burden of Breathlessness and Increase referrals to Pulmonary Rehabilitation and Smoking Cessation Services in order to improve the Health and Wellbeing of patients living with mild/moderate COPD.**

**Executive Summary**

The Federation of Family Practices in West Belfast and GSK are undertaking Joint Working with the aim of delivering optimised care of patients classified with mild and moderate COPD who remain symptomatic with significant burden of disease. This will include a holistic clinical review of their Respiratory condition, including spirometry if required. Symptoms will be assessed using the COPD assessment test (CAT) and the appropriate interventions made in line with the NICE COPD Guidelines. There will be a review of inhaled therapy with an assessment of inhaler technique, including retraining if needed. In addition, appropriate referral to smoking cessation service and to pulmonary rehabilitation would be offered.

This project involves a balance of contributions with the pooling of skills, experience and resources. The project aims to support the delivery of improved COPD care for this cohort of patients as well as aiming to ensure that the care delivered is implemented within national guidelines and the Northern Ireland Formulary. Progress will be tracked by collating anonymised data following the initial and follow-up reviews.

Overall project delivery will be overseen by a Project Manager. The project will run from 12<sup>th</sup> December 2019 to the 12<sup>th</sup> December 2020

**Key Objectives:**

**Primary Objective**

To demonstrate a reduction in CAT score, a key measure of disease burden in mild and moderate COPD patients through medicines optimisation and to referrals for non-pharmacological interventions, specifically smoking cessation and pulmonary rehabilitation. This will be measured at initial review, at 3 and 12 months.

**Secondary Objective**

To demonstrate an increase in appropriate referrals to Pulmonary Rehab and a Smoking Cessation Programme from baseline at 3 months. Referral for pulmonary rehabilitation to be offered to patients with a decline in lung function or for those experiencing limiting symptoms. Referral to smoking cessation support services will be offered to current smokers.

**Intended Benefits**

For the Patient	This project aims to improve the health-related quality of life for patients with mild or moderate COPD who are experiencing symptoms. By optimising their inhaled therapy, reviewing inhaler technique and retraining where needed and through referrals to smoking cessation and pulmonary rehab, patients will have the opportunity to improve their symptoms with the potential to decrease exacerbations and delay further deterioration of lung function.
For the NHS	This project has the potential to address an unmet healthcare need in the patient population with mild/moderate COPD. Current resource is usually prioritised for patients with severe disease with significant healthcare utilisation for that cohort meaning that mild/moderate patients may be under recognised and under treated. This project will offer the additional support to identify and review these patients and to improve their health status.
For GSK	This project gives the opportunity to work with the clinical leadership team within the West Belfast GP Federation to understand what we can do together to bridge unmet healthcare needs. We also hope this will demonstrate the value of working in partnership with GSK and improve the corporate reputation amongst local and regional stakeholders. There may be an increase in COPD medication use in line with Northern Ireland Formulary and NICE COPD Guidelines, which may lead to an increase in use of GSK inhalers as well as those of other pharmaceutical companies.

