

Enhanced Community Care

A JOURNEY OF HEALTH AND WELLBEING WITH WEXFORD RESPIRATORY SERVICES

Aoidín Kiely & Niamh Cullen, Senior Physiotherapists Respiratory Integrated Care

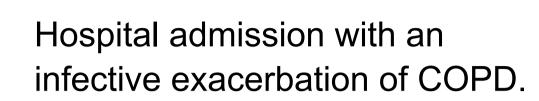
A Patient Experience Through an Integrated Respiratory Service



Meet Tony

- 66 year old male.
- Confirmed diagnosis of COPD.
- 3 exacerbations within 6 months, one requiring hospital admission.
- Co-morbidities: T2DM, OA knee.
- Retired chef, enjoys short walks and going to the theatre. **Main respiratory issues:**

retained secretions and dyspnoea on moderate exertion.

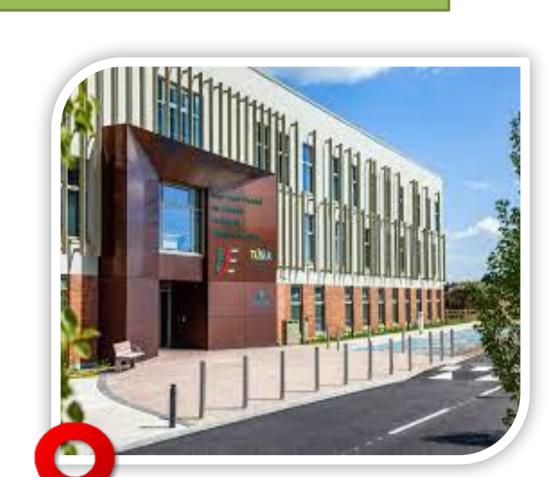




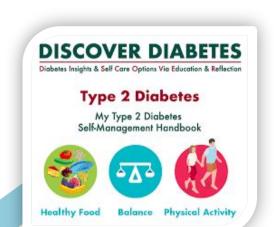


Reviewed by COPD Outreach team as an inpatient.

Referral generated for community based Pulmonary Rehabilitation (PR) team.



Wexford Specialist **Ambulatory** Care Hub.



Attended Dietician led Discover Diabetes course in the hub.

Commences PR April 2023.

• 8 week programme consisting of twice weekly exercise and education.

OCTORS ON CE

Asthma Adviceline 1800 44 54 64

COPD Support

Adviceline.



S.M.I.L.E programme -

Learning and eHealth.

Supporting Multi-morbidity

self-care through Integration,

Newly established 'Breathlessness Management Clinic', as part of PR pre-optimisation, based on the Breathing, Thinking, Functioning Model.





<u>Pulmonary</u>

Rehabilitation

2023, including:

Educational components include: Airway clearance techniques, with provision of PEP device

Completes 8 week

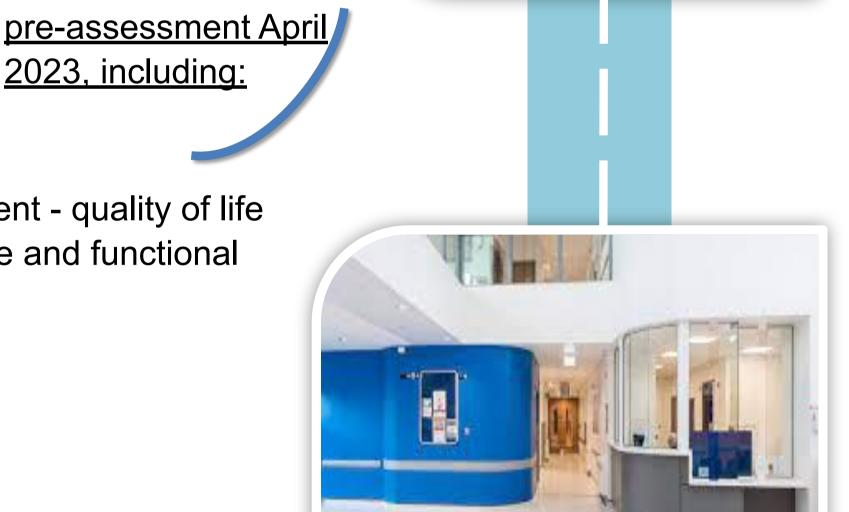
course of PR June

<u>2023.</u>

- Breathlessness management and pacing
- Medications
- **Nutrition**
- Singing, Swallow, Oral Hygiene
- Relaxation



- Inhaler technique review. Outcome measure assessment - quality of life measures, exercise tolerance and functional capacity.
- Vitals assessment.
- · Medication screen.
- Oxygen review.
- Smoking history review.
- Nutritional and weight management screen.
- Mental health screen.
- Respiratory MDT discussion.



Liaised with GP as part of pre-optimisation. Patient hypertensive on initial assessment - for holter monitor and medication review. GP informed of plan to

commence PR.

"A highly beneficial and enjoyable course. I now have confidence to deal with my condition"



6 Peer-led workshops focusing on self-management skills.

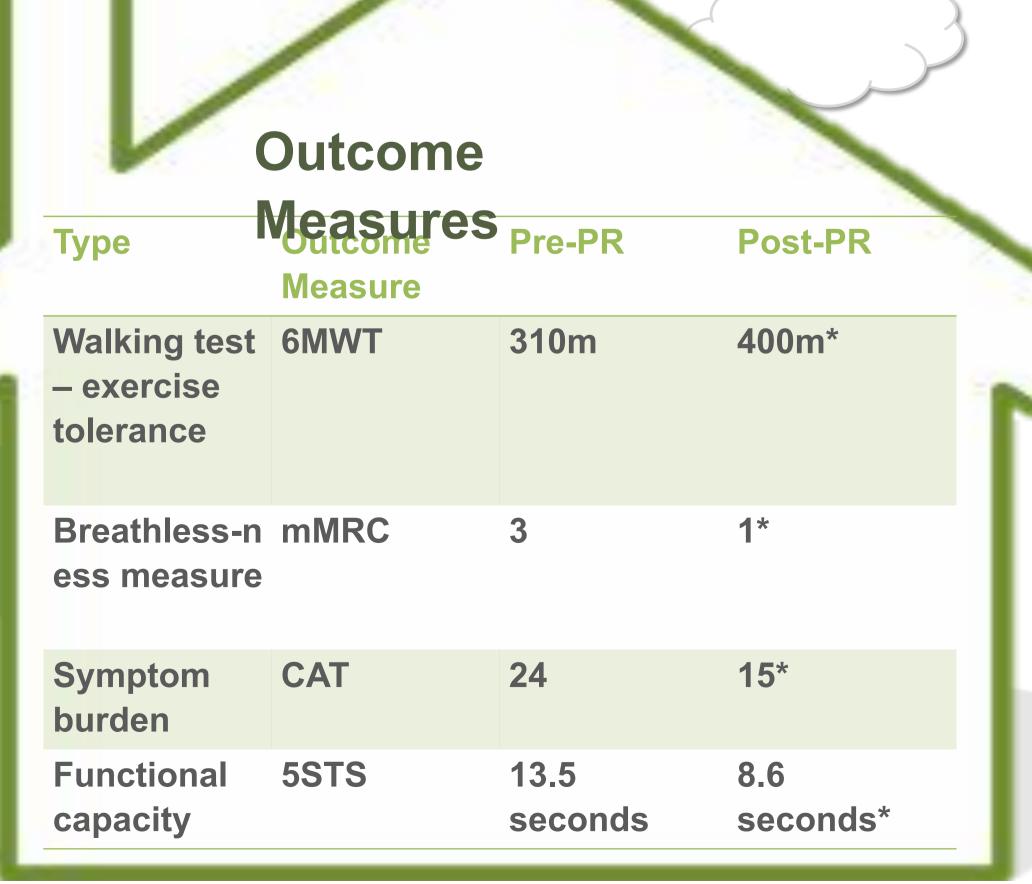


SIGNPOSTING/

ONWARD

REFERRALS

Support Group & Exercise Group operating in Wexford town. Once weekly classes on Fridays.



*Minimal clinically important differences met.



Tony has had no exacerbations or hospital admissions during PR or in the three months post PR completion.



Reduced burden on healthcare utilisation.



Tony is completely independent with the self-management of his respiratory condition. He intends to walk 5 days a week, continue his HEP, join COPD Support Ireland group and continue with his airway clearance.

Tony has been discharged back to his GP with a detailed discharge letter and self-management plan.

