

Multi Disciplinary Team of Researchers seek Innovations in COPD

Extended systematic review of nursing innovations for COPD

Who we are

We are a multi-disciplinary team of researchers from St Bartholomew's School of Nursing and Midwifery, and from Barts and The London School of Medicine and Dentistry. We have been funded by the NHS Service Delivery and Organisation (SDO) programme to undertake an extended systematic review of innovations involving nurses in the care of people with COPD living in the community.

What we mean by 'innovations'

We mean Services for COPD patients, led or co-ordinated by nurses in the community, but are not

universally available throughout the NHS.

Main aim

To examine the effectiveness of innovations involving nurses for care of people with COPD living in the community, and assess with what success such interventions have been implemented in England and Wales.

Our objectives are to

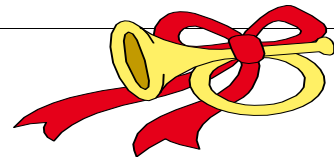
retrieve published and unpublished material on nurse/nursing innovations from the UK and Netherlands;

map current innovations involving specialist respiratory nurses in England and Wales;

consult users and carers for their views on our preliminary findings

(continued on page 2)

FINAL CALL FOR MEMBERSHIP RENEWAL FORMS



Members who have not returned membership renewal forms by 30th April 2003 will no longer be included on the ARNS mailing list, and will have to reapply for membership!!!!

BREATHE EASY WEEK 14th – 21st June 2003

14th – 21st June 2003 is this year's British Lung Foundation's (BLF) lung health awareness week. You are invited to join our 115 Breathe Easy support groups who are helping us to stage Lung Marches across the UK on Saturday 14th and Sunday 15th June 2003
(continued on page 2)

The final report will include their views on the implications of the review.

How can I find out more ?

By visiting our website: <http://www.smd.qmul.ac.uk/gp/copdreview/copdreview.html>, by emailing *Bridget Candy, research officer* (b.candy@qmul.ac.uk), or by writing to *Bridget at GGPC, Medical Sciences Building, Queen Mary, University of London, Mile End Road, London E1 4NS.*

Can You Help Us ?

Tell us about any *unpublished studies or evaluations* of innovations involving nurses for patients with COPD living in the community

We have sent nurses with a known respiratory interest a very short (4 questions) questionnaire asking them to identify any local specialist nurse services for patients in the community with COPD. If you have not received or have mislaid this postal questionnaire, but would like to help we can send you or email you a copy.

Please contact: I.m. Stephenson@qmul.ac.uk or phone Bridget Candy on 020 7882 7944. Details are also available on the ARNS Website.

'IT'S OUR LUNGS THAT DON'T WORK, NOT OUR LEGS.'

During the marches, people with lung conditions, including some people in wheelchairs, will be broadcasting the slogan

'it's our lungs that don't work, not our legs'.

For those unable to be there, a photograph will be held on a placard saying *"my friend/relative wanted to be here today, but is too ill"*.

If you and your patients cannot be there, then a large photograph of them can be sent to the nearest Breathe Easy group to be held as a placard.

During each march a petition will be presented to the local MP. The petition will list the names of local people who believe that everybody in the UK should have the right to the lung health care services they deserve, including ambulatory oxygen and pulmonary rehabilitation.

You can order a copy of the petition to be signed by your colleagues, patients and their carers by contacting :

Jo Bloom on 020 7831 5831.

The London march is taking place on Sunday June 15th 2003 and BLF Special Supporter actress Dame Judi Dench, will be handing in our campaign petition to 10 Downing Street.

Please talk about the Lung March with your colleagues and ask them to encourage your patients to participate.

We want as many people as possible to get involved - so join in if you believe in making a difference!

To find out the venue of your local Lung March please contact :

Lung March organiser Jo Bloom on 020 7831

Your Presence is needed on the day

The aim of the Lung Marches is to make lung disease more visible and to make the voices of 8 million people living with lung conditions in the UK heard.

For these marches to be a success, the support of health professionals and their patients will be invaluable. Both your presence on the day and the support of your patients will help raise the awareness of lung disease nationwide.

RETHINKING THE USE OF PLACEBO INHALERS

Various bodies involved in the care of patients with asthma and COPD have highlighted concerns regarding infection control and the cleaning of placebo inhalers, and there exists at least a theoretical risk of cross infection. Therefore it is clear that every effort should be made to ensure patient safety.

Discussions with manufacturers confirm that **placebo inhalers are intended to be used as single patient devices and as such should not be cleaned and reused.**

As nurses we are aware that patients need to be instructed in the use of inhalers and be able to select the most suitable and acceptable device for their use. Reassessing device technique is also an essential part of review and follow up of patients with asthma or COPD

In a paper available on the ARNS website (www.arns.co.uk) Dr Paul McCarthy of GSK discusses some solutions to the problem

of single patient use placebos and avoiding the risk of cross infection Dr McCarthy's paper outlines the following solutions;

*the use of **disposable mouthpieces** with one way valves for all placebos and spacer devices.*

a continuous supply of placebos and spacers for single patient use

a new approach to the training of patients in the use of inhaler devices.

Dr McCarthy's paper argues that;

Disposable mouthpieces with one way valves for the wide variety of devices would require the co-operation of all the manufacturers of inhaler devices for this to be a solution to the problem and would involve major production organisation as well as storage problems for both primary and secondary care.

A continuous supply of placebo inhalers and spacers necessary to cope with the numbers of patients on inhaled medication would create both production and

storage difficulties

a new approach to train patients in the use of inhaler devices is possible given that the only reason for a patient to insert a device into their mouth is to check that they are able to demonstrate the correct and optimum inhalation technique for a particular device and while this process highlights errors in the patients technique of handling and activating the device, it does not give any insight into the inspiratory flow generated and whether or not the inhalation technique is adequate to achieve the optimum flow required for a specific devices

Confirming adequate inspiratory flow for a selected device has been made easier since an inspiratory flow meter was developed by Clement Clarke International called the *In Check Dial*.

This meter has been validated by the Atomic Energy Authority and Bradford University as being capable of simulating the inspiratory

RETHINKING THE USE OF PLACEBO INHALERS *cont'd*

flow resistance of commonly used inhalers.

It can be used to assess the inspiratory flow technique for both metered dose inhalers and certain dry powder inhalers.

With the help of this tool some nurses have already adopted the approach of ; *demonstrating to the patient the correct way to open, load (where necessary) actuate and close a particular device using placebo devices for demonstration purposes only.*

allowing the patient to handle the device to become familiar with it's size shape and appearance

allowing the patient to practice opening, loading and holding the device at the required angle

finally using the In check Dial to ensure that the patient learns to produce the correct inspiratory flow for the selected device

This new approach to training patients to use

inhaler devices is obviously capable of addressing the issue of achieving the optimum flow for a given device.

Nevertheless it arguably stops short of the final step in what is a learning process.

Successful training for anyone to undertake new tasks normally affords the opportunity for the trainee (in this case the patient) to practice each step until confident to proceed unsupervised. The trainer is also able to ensure that all the steps have been learned correctly.

It therefore not suprising that some nurses working in the field of patient education argue that industry as a whole must find solutions to the dilemma of single patient use placebos so that patients demonstrate the final step in obtaining optimum benefit from the selected device has in fact been learned correctly.

(Full article available at the ARNS website www.arns.co.uk)



CONGRATULATIONS
TO SAMANTHA PRIGMORE
on her appointment as
Respiratory Nurse Consultant at
St. George's Hospital, London.

Well done, Sam!!!!!!!!!!!!!!

DIARY DATES

**Breathe Easy Annual
Conference**
10/11th May
Manchester

**American Thoracic Society
Conference**
16-21st May
Seattle

Breathe Easy Week
14-21st June
Nationally

**Integrated Care in COPD
GIPIAG Conference**
20-21st June
Cambridgeshire

**Summer British Thoracic
Society Conference**
26-27th June
Cardiff

**Disease - wheeze and ease
RCN conference**
5-6th September
Bournemouth

European Respiratory Society
27th Sept- 1st Oct
Vienna

ARNS Annual Conference
7th & 8th November
Ettington Chase
Nr Stratford on Avon

British Thoracic Society
Winter Conference
3rd—5th Dec
London

Calling All Local Respiratory Nurse Groups ! Advertise Free Here !!!!!

South West Respiratory Nurse Specialist Group (SWRNS)

Busy Raising Standards

Is a group of respiratory nurse specialists from across the whole South West region who meet 3-4 times a year for support and education.

Contact details: Wendy Clarke
Dept of Respiratory Medicine
RD& E NHS Trust
Barrack Rd
EX2 5DW

Inspire (London M25 Area)

Inspire is a group for respiratory nurses within the M25 and 'linked' areas. We hold educational meetings twice a year and provide an opportunity for sharing of ideas, networking and improving communication London-wide.

We are available as a local group to any respiratory nurses within Greater London.

contact details Kathryn Powrie
Work tel : 020 7886 1542
Work fax: 020 7886 1613
e-mail: kathryn.powrie@st-

Respiratory Nurses Group (Surrey/South London)

Members are mainly from the Surrey and South London area. membership includes respiratory nurses and TB nurses. We meet 3-4 times a year for support, education, exchanging and sharing of ideas. It's a bit of a social too!

contact details :
Helen Parnell
Respiratory Nurse Specialist
Airways Clinic
St Helier Hospital
Wrythe Lane
Carshalton
Surrey SM5 1AA
Tel: 020 8296 2937
email hparnell@sthelie.sghms.ac.uk

North West Respiratory Nurse Group (RINGS)

RINGS meetings are held approximately every 4 months. The aim is to bring together specialist nurses affiliated with respiratory medicine whatever their area of expertise is in. Our purpose being to network, share ideas, to facilitate evidence based good working practice and to work together to highlight the definite needs in the ever evolving field of Respiratory Medicine.

We also have one study day a year. The speakers and topics at the request of the members.

Nurses who wish to join the group must complete an application form and be proposed and seconded by core members of the group.

The group has a constitution which we adhere to.

Sr Shirley Clover
Chest Clinic,
North West Lung Centre,
Wythenshawe Hospital,
Southmoor Road,
Manchester,
M23 9LT
Tel 0161 291 5026
email sclover@smuht.nwest.nhs.uk

Chairperson :
Sue Wolstenholme,
Royal Hants Hospital,
Winchester

Wessex Respiratory Nurse Group

Group of Respiratory Nurse Specialists from the Wessex area who meet 4 times a year for education and support.

contact by telephone
Denise Bushell 0131 536
2483

The Scottish Respiratory Nurse Specialist Forum SRNSF

SRNSF was founded in May 2001 at a two-day conference in Dunblane.

Long-term aim is to influence respiratory care within Scotland,

Alice Robertson 01224
551226
Phyllis Murphie 01387
246246
Gaynor Black 01592 643355 ext
8562



This years conference was a huge success with all members having a good time! Some more than others including :
Jean Prince who won the bottle of champagne for the exhibitor prize draw .
Shirley Clover won the £10 gift voucher for the "guess the picture " competition in the newsletter
Norma Linaker won the chocolates for the website competition . Prizes for the Barn Dance went to *Norma Linaker* for the best chicken dance, *Sue Gray* for the best Salsa dance and *Helen Pyne* for letting the band have it with BOTH BARRELS!
A big **THANK YOU!** to all those who took part.



Back from left to right: Tom Faulkner,Christina Dean, Liz Walker,David Long, Sam Prigmore :Front from left to right: Carol Beckwith, Glynis Smith , Karen Clancy, Michaela Bowden, Irene Griffiths : Absent: Mairead Logue

**Arns Secretariat,3 Oakmede House,Oakmede Place, Binfield,Berkshire,RG42 4JF
TEL 01344646706 FAX 01344646985 email ARNS@arns.co.uk Website www.arns.co.uk**

Conference News

Once again the ARNS conference (Nov 2002) proved to be a very successful event, with delegates attending from all four corners of the country.

The educational programme had been devised from the previous years conference evaluations, demonstrating ongoing commitment, from the ARNS committee to meet **your** educational needs

The overall ratings for conference were:

(1=strongly disagree: 5=strongly agree).

The meeting fulfilled my educational requirements **3.97**

The information was well presented **4.14**

The meeting was well organised **4.70**

Please indicate your overall score for the meeting **4.24**

The lectures included:

- Review of the asthma guidelines
- Legal aspects of specialist nursing
- Breathlessness
- Update on nurse prescribing
- NLP

- Complementary therapies
- Allergy
- Oxygen

The breakout sessions proved to be popular again, with the following topics covered:

- Nurse led clinics
- NO₂/PC20 and arterial blood gases
- Nurse led competencies

The programme had been planned, allowing time and opportunities to meet up with colleagues, old and new, and visit the many stands and review the poster presentations. The gala dinner was, as always, entertaining, finishing off with the opportunity to kick off our shoes and try our hands (or should I say feet!!) at a spot of barn dancing.

Having evaluated your comments on the 2002 conference, the ARNS committee are busy organising the 2003 conference (Ettington Chase 7th and 8th November 2003). The preliminary programme is looking very exciting, with professional and clinical areas of practice being addressed, through sessions on higher levels of specialist practice (NMC), working across primary and secondary boundaries, blood gases and oxygen, sex and breathlessness plus lots

more!!

Finally just a few of your comments on last years conference

'Interesting to discover that we all do different things but within the same aim in mind'

'Greater awareness of issues of accountability/competencies – need to be clear about what we are trying to achieve and how'

'Practice elsewhere – Posters well worth seeing'

'Importance of meeting up with and communicating with other respiratory nurses'

'A wide and varied educational content, excellent conference – well done'

'I have found this a very stimulating and informative weekend with excellent presentations, up to date and evidence based information'

***Sam Prigmore
Respiratory Nurse
Consultant
St Georges Hospital
NHS Trust
Tooting
London***
