

# BOC East Coast Respiratory Service

## Key facts



Service provided by:

## Service overview

The community respiratory service (for adults) covers:

- Pulmonary Rehabilitation – an 8 week exercise and education programme for those patients diagnosed with COPD or other chronic progressive lung conditions, e.g. bronchiectasis, interstitial lung disease, chronic asthma, chest-wall disease, and also patients pre-and-post thoracic surgery.
- Oxygen Assessment and Review – for those patients already on oxygen and those considered likely to benefit from home oxygen therapy.



## Pulmonary Rehabilitation

Referrals will be accepted for any adult patient with a confirmed respiratory diagnosis. The service will accept patients with an MRC score of 2 who are symptomatic and disabled by their condition. Diagnosis should be confirmed with spirometry performed within the last 12 months.

### MRC breathlessness scale

Grade	Degree of breathlessness related to activities
1	Not troubled by breathlessness except on strenuous exercise
2	Short of breath when hurrying or walking up a slight hill
3	Walks slower than contemporaries on level ground because of breathlessness, or has to stop for breath when walking at own pace
4	Stops for breath after walking about 100m or after a few minutes on level ground
5	Too breathless to leave the house, or breathless when dressing or undressing

Adapted from Fletcher CM, Elmes PC, Fairbairn AS et al. (1959) The significance of respiratory symptoms and the diagnosis of chronic bronchitis in a working population. British Medical Journal 2:257-66.

## Inclusion criteria

- All patients who consider themselves functionally disabled by breathlessness (usually patients whose breathlessness is assessed on the Medical Research Council (MRC) grading scale as MRC3 to MRC5);
- Patients with MRC2 and above who are symptomatic and disabled by their condition, and who require health care professional assessment and supervision of exercise training, rather than simple advice on lifestyle changes;
- Patients with a confirmed diagnosis of COPD and other chronic progressive lung conditions;
- Patients who have either recently had an exacerbation of COPD requiring hospital admission or whose functional baseline has significantly altered and is not following the expected recovery path.

## Exclusion Criteria

- Patients under 18 years of age and not registered with a GP in the borough of Great Yarmouth and Waveney;
- Significant unstable cardiac or other disease that would make pulmonary rehabilitation exercise unsafe or prevent programme participation;
- Patients who are unable to walk or whose ability to walk safely and independently is significantly impaired due to non-respiratory related conditions. This should not exclude patients who have general musculo-skeletal problems where exercise is recommended;
- Patients unable to participate in a group environment or for whom group sessions are not suitable (e.g. extreme frailty, sight or balance impairment), or for whom mental health, cognitive, personality or other communication barriers make group work inappropriate.







## Oxygen Assessment and Review

The service will provide assessment to patients who are on two forms of oxygen therapy, and assess patient's suitability for each:

- **Long term oxygen therapy (LTOT)** – the provision of oxygen therapy for continuous use at home for patients with chronic hypoxaemia. The oxygen flow rate must be sufficient to raise the walking oxygen tension above 8kPa. Once started, this therapy is likely to be life-long.
- **Ambulatory oxygen** – the provision of oxygen therapy during exercise and activities of daily living. Ambulatory oxygen therapy can be prescribed for patients on LTOT, who are mobile and need to or can leave home on a regular basis; patients using LTOT, or who are expected to de-saturate on exercise, may need to be assessed for ambulatory oxygen.

A third form of oxygen therapy – Short Burst Oxygen Therapy (SBOT) – is commonly prescribed for breathlessness. However, IMPRESS guidelines recommend that oxygen therapy should not be prescribed for breathlessness. SBOT is therefore out of scope for this service.

## Inclusion criteria

Referrals will be accepted for any adult patient with a confirmed diagnosis meeting the following criteria:

- Oxygen Saturations <92% on air at rest for long-term oxygen therapy assessment
- Oxygen Saturations <90% on exertion on air for ambulatory oxygen assessment

Please note patients must have been free of an exacerbation for eight weeks prior to an oxygen assessment and must be medically optimised for their disease severity.

## Exclusion criteria

- Patients under 18 years of age and not registered with a GP in the borough of Great Yarmouth and Waveney
- Patients who have not had a clinical assessment or diagnosis (except palliative patients who are not assessed or reviewed through the normal service. Palliative patients should have evidence of hypoxaemia. Some assessment of equipment may be needed and prescribers for palliative patients may need discussion with the HOS-AR service)

## How to refer

Please use the Community Respiratory Service referral form to refer patients for all or any of the services outlined above. Completed referral forms should be sent to [boc.clinicalservices@nhs.net](mailto:boc.clinicalservices@nhs.net)

Referrals will be accepted from any healthcare professional involved with the patient's care.

**East Coast Community Respiratory Team Referral Form**

**Home Oxygen**

**Inclusion Criteria**

- SpO<sub>2</sub> < 92% at rest on room air
- SpO<sub>2</sub> < 90% on exertion
- Confirmed respiratory diagnosis
- Patients with severe airflow obstruction
- Medically optimised
- Exacerbation-free in preceding 8 weeks
- In patients with clinical evidence of peripheral oedema, polycythaemia (haematocrit>55%) or pulmonary hypertension, referral for assessment may be considered at SpO<sub>2</sub> levels <94%

**Exclusion Criteria**

- Unstable anginal/cardiac disease
- Acute LVP
- Abdominal aortic aneurysm >5.5cm
- Uncontrolled hypertension/arrhythmia
- MI within last 6/12
- Unable to walk safely (e.g. arthritis, balance problems)
- Compliance issue (e.g. dementia)

**Pulmonary Rehabilitation**

**Inclusion Criteria**

- Confirmed diagnosis of chronic lung disease (COPD, bronchiectasis, ILD, chronic asthma, chest wall disease) or preop thoracic surgery
- MRC 3 or above (MRC 2 accepted if symptomatic & disabled by their condition)
- Optimised medical therapy for disease severity
- Mobilises independently with or without walking aid

**Exclusion Criteria**

- Unstable anginal/cardiac disease
- Acute LVP
- Abdominal aortic aneurysm >5.5cm
- Uncontrolled hypertension/arrhythmia
- MI within last 6/12
- Unable to walk safely (e.g. arthritis, balance problems)
- Compliance issue (e.g. dementia)

**Patient Details**

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Address: \_\_\_\_\_

NHS No: \_\_\_\_\_

Home Tel No: \_\_\_\_\_

Mobile No: \_\_\_\_\_

Email Address: \_\_\_\_\_

Language Requirements: \_\_\_\_\_

Consent to referral? Yes  No

Consent to SMS contact? Yes  No

Are there any other healthcare professionals involved in the patient's care? Please list: \_\_\_\_\_

**Supporting Information**

GP Practice: \_\_\_\_\_

Named GP: \_\_\_\_\_

Patient offered supporting information about the referral? Yes  No

Patient motivated to attend assessment? Yes  No

Hearing-impaired? Yes  No

Visually-impaired? Yes  No

Preferred location for Pulmonary Rehabilitation (if applicable)

Phoenix Gym NR31 8JU

Waterlane Gym NR32 2NH

**Referrer**

Name: \_\_\_\_\_

Job title: \_\_\_\_\_

Organisation: \_\_\_\_\_

Telephone No: \_\_\_\_\_

NHS.net email: \_\_\_\_\_

**Source**

Primary care

Secondary care

Requested by secondary care

Community team

Other

For any queries, please call 0800 012 1858. Email referrals to [BOC.ClinicalServices@nhs.net](mailto:BOC.ClinicalServices@nhs.net) or fax to 0845 600 0096. Incomplete referrals will be returned to referrer.

## Contact details

Monday to Friday from 8.00am to 6.00pm.  
Tel **0800 012 1858**  
Email [boc.clinicalservices@nhs.net](mailto:boc.clinicalservices@nhs.net)

## Service locations

### Pulmonary Rehabilitation

**Sentinel Gym**, Waterlane Leisure Centre, Water Lane, Lowestoft, NR32 2NH

**Sentinel Gym**, Phoenix Pool and Gym, Widgeon Way, Bradwell, Great Yarmouth, NR31 8JU

## Clinic locations

**Martham Health Centre**, Hemsby Road, Martham, Great Yarmouth, NR29 4QG

**Kirkley Mill**, Clifton Road, Lowestoft, NR33 OHF

**Shrublands c/o Gorleston Medical Centre**, Magdalen Way, Gorleston, NR31 7BP

**Herbert Matthes Block**, Northgate Hospital, Ground Floor, HMB, Northgate Hospital, Northgate Street, Great Yarmouth

**Solebay**, Teal Close, Reydon, IP18 6GY

**Beccles Hospital**, St Mary's Road, Beccles, NR34 9NQ

Please indicate the patient's preferred location on the referral form. For those patients unable to attend a clinic location, care will be provided in the patient's home.

Notes

Notes

## **BOC Healthcare**

**BOC East Coast Community Respiratory Service, Priestley Road,  
Worsley, Manchester M28 2UT, United Kingdom**

**Tel 0800 012 1858,  [boc.clinicalservices@nhs.net](mailto:boc.clinicalservices@nhs.net), [www.bocclinicalservices.co.uk](http://www.bocclinicalservices.co.uk)**