

North Lincolnshire BOC Community Respiratory Service. Key facts.

Service overview

The North Lincolnshire BOC Community Respiratory Service (for adults) covers the following areas:

- Chronic Respiratory Disease Management – for ongoing delivery of support and management of respiratory patients, providing specialist advice and support to primary care
- Pulmonary Rehabilitation – evidence-based programme for new referral and post-exacerbation 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
- Home Oxygen Assessment and Review – for those patients with a diagnosed respiratory condition who are already on oxygen and those considered likely to benefit from home oxygen therapy
- Post-Admission Support – review of all patients discharged after COPD or asthma admission.

How to refer

Please use this form to refer patients for all or any of the services outlined above.

Completed referral forms should be faxed to our safe-haven fax: 08456 000 096 or emailed to BOC.ClinicalServices@nhs.net.

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

Referral criteria – for all service elements

Prior to referral, all patients will have undergone a minimum level of diagnostic tests in primary care, including as appropriate:

- Spirometry
- Full blood count
- Chest X-ray
- Pulse oximetry
- MRC dyspnoea score

Home Oxygen Assessment and Review

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

- Oxygen respiratory 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 8 weeks prior to an oxygen assessment and must be medically optimised for their disease severity. Spirometry needs to have been undertaken within the last 12 months.

Chronic Respiratory Disease Management

Exclusion criteria:

- Cystic Fibrosis
- Pulmonary Fibrosis
- Breathlessness as result of musculoskeletal disorder
- Respiratory problems secondary to neuromuscular condition
- Incurable or suspected Lung Cancer

Pulmonary rehabilitation

Referrals will be accepted for any adult patient with an MRC score of 3 or above, or those with an mMRC score of 2 who are symptomatic and disabled by their condition. Diagnosis should be confirmed with spirometry performed within the last 12 months.

Inclusion criteria:

- Confirmed diagnosis of Chronic Lung Disease (COPD, Bronchiectasis, ILD, Chronic Asthma, Chest Wall Disease or Pre/Post Thoracic Surgery)
- MRC 3 or MRC 2 accepted if symptomatic and disabled by their condition (please see MRC breathlessness scale below)
- Mobilises independently with or without walking aid
- Is on optimal medical therapy for disease severity
- Does not require transport (unless meets criteria for PTS)
- Motivated to attend and complete the sessions

Exclusion criteria:

- Unstable angina/cardiac disease
- Acute LVF
- Uncontrolled hypertension/arrhythmia
- MI within last 6/52
- Unable to walk safely (e.g arthritis, balance problems)
- Compliance issue (e.g dementia)

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.

Service locations

Pulmonary Rehabilitation

You can indicate a patient’s preference for a venue on the Referral Form.

The Pods

Ashby Road, Scunthorpe, DN16 1AA

Baysgarth Leisure Centre

Brigg Road, Barton-upon-Humber, DN18 5DT

Clinic locations

Upon receipt of a referral requiring a clinic appointment, our Clinical Service Coordinators contact patients to offer them options of dates and locations.

Weekly clinics will be held in GP Practices and Health Centres in Scunthorpe, Barton and Brigg. Regular clinics but less frequent clinics will be held in Practices in other parts of the county to ensure equity of access for patients.

For patients who are unable to attend clinic by their own means (own or public transport), our Patient Service Centre will share information about NHS Patient Transport eligibility or local rural council-supported transport.

Contact details

Monday to Friday from 9.00am to 5.00pm.

Tel: 0800 0121858

Fax: 08456 000 096

Email: BOC.ClinicalServices@nhs.net

The Community Respiratory Service team is based at The Admin Centre, Scunthorpe but the administration is managed from BOC’s Patient Service Centre near Manchester – see address details below.

BOC Healthcare

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www.bocclinicalservices.co.uk