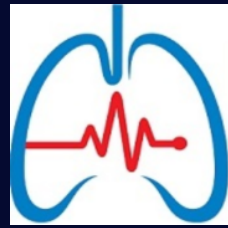


Rotherham Respiratory.



NewsLetter

Issue 7 - May 2023



Rotherham Respiratory have been nominated in The CPD Awards for CPD Provider of the year!

Winners announced on 24th November at an event at The Guildhall London.

COPD

Updated guidance on inhaled treatments in COPD

If you are involved in the care of people with COPD, you might already be familiar with the different approaches taken by the UK NICE (2019) guidelines and the annual international GOLD (Global initiative for Obstructive Lung Disease) guidance.

In their latest update, GOLD (2023) have made significant changes to their recommendations for initial assessment and treatment of COPD. This has implications for inhaler choices and especially when to use ICS or triple therapy for people with COPD.

All our COPD modules now contain updated learning materials featuring the new medication pathways, as well as relevant learning activities exploring issues such as medication adherence and inhaler technique and device choice considerations, and non-pharmacological approaches to managing breathlessness.

Why not consider enrolling on one of our accredited online courses such as the [COPD update](#) or [Advancing COPD Care](#) to refresh your knowledge and improve patient care?

If you are not yet involved in this disease area, our [COPD Foundation](#) course will introduce you to the basics of delivering holistic evidence based care to your COPD patients. Our student feedback and reflections show that our courses are highly valued and deliver a rewarding learning experience, resulting in some great ideas to improve patient care.

Endorsements

Our Advancing Paediatric Asthma and our Interstitial Lung Disease courses are now endorsed by ARNS - The Association of Respiratory Nurse Specialists.

Both courses also have CPD accreditation.

**Don't miss
World Asthma
Day May 3rd!
Visit GINA for
more
information.**



New Coronary Heart Disease for Primary Care Course

Launching this month, this course is suitable for any health care professional working in primary care in the field of coronary heart disease (CHD). It offers an opportunity to review current evidence-based practice and apply this to case studies and real-world practice. This module will count as 7.5 hours of CPD for your revalidation. Click [here](#) for more information or to sign up.

Spirometry...

Spirometry – whether to restart or not – continues to be a topic of conversation in many health care settings and as part of commissioning discussions. Our [spirometry update](#) was created to support the potential loss of confidence in those who had not performed or interpreted spirometry for two years. It continues to receive positive evaluations:

"Thank you! I now have a much better understanding of Lower Limit of Normal (LLN) and z scores and it's been a very interesting refresher. I certainly need to do some further reading and practice on our newly purchased spirometer before restarting our spirometry appointments post Covid, but this has been a very useful exercise."

More recently, we have received requests for 'how to' undertake spirometry interpretation. This may be that changing services have resulted in spirometry being performed by other teams and results sent back into workplaces. The recognition of training needs in this area is to be congratulated.

As a result, we have created a [NEW interpretation course](#) which focusses on a systematic approach to numerical interpretation (reporting) using our seven-step approach. The seven steps to standardised spirometry (Independent Nurse 2020) was created by me to ensure a trace is fit for purpose and can be interpreted. We recognise that poorly performed spirometry is meaningless and leads to misdiagnosis.

The new course discusses numerical interpretation (reporting) and explores all the likely patterns of airflow with case studies. It uses LLN and z scores and will start to introduce new guideline (ATS/ERS 2019) suggestions such as back extrapolation volume (BEV) and end of forced expiration (EOFE) Clinical interpretation focusses more on the clinical presentation of cases and whilst it discusses the spirometry results the how to is not covered in any detail.

Seven steps to spirometry: Management in primary care: Loveridge C, April (2020)

ATS/ERS guidelines 2019