

Community Pharmacy Micro-Spirometry Service

1st October 2019 – 31st March 2020

1. Purpose of this Service Level Agreement (SLA)

- 1.1. To offer opportunistic screening by undertaking a micro-spirometry test on appropriate patients, to identify undiagnosed patients at high risk of COPD, and to initiate signposting to their GP for further investigations and treatment where appropriate.

2. Background

- 2.1. Chronic obstructive pulmonary disease (COPD) causes breathing difficulties. The name covers a group of lung conditions that get worse with time. There are an estimated 3 million people with COPD in the UK. About 2 million of these will not know that they have the disease. Smoking tobacco causes most COPD cases.
- 2.2. Some people with COPD have symptoms such as breathlessness and persistent cough. In the early stages people may not have symptoms. Without treatment the quality of life of people with COPD will worsen.
- 2.3. COPD is expected to become the third most common cause of morbidity and mortality worldwide by 2020. In the UK the prevalence of COPD has been estimated at around 2%, but this is most likely underestimated as many patients complaining of respiratory symptoms remain undiagnosed in primary care.

3. Summary of Local Need

- 3.1. A systematic approach to screening and early intervention is a key part of the South Tyneside Long Term Conditions (LTC) Strategy, and is an important priority for South Tyneside as part of the work to reduce and delay the burden of LTCs.
- 3.2. The prevalence for COPD in South Tyneside is 3.72%, compared to the England average of 1.91% (based on observed GP registered prevalence in 2017/18).
- 3.3. We estimate that there are potentially 4,000 people in South Tyneside at risk of having COPD who do not know they have this condition and so are not getting help to manage it.
- 3.4. This Service is the first stage of a pathway redesign to identify previously undiagnosed patients with COPD. Many of these patients will be regular visitors to a pharmacy often attending with self-limiting conditions. Pharmacy provides good access and choice for this group of patients. Evidence suggests that early diagnosis of patients with COPD provides much improved outcomes for patients in better managing their condition and the NHS through reduced exacerbations.

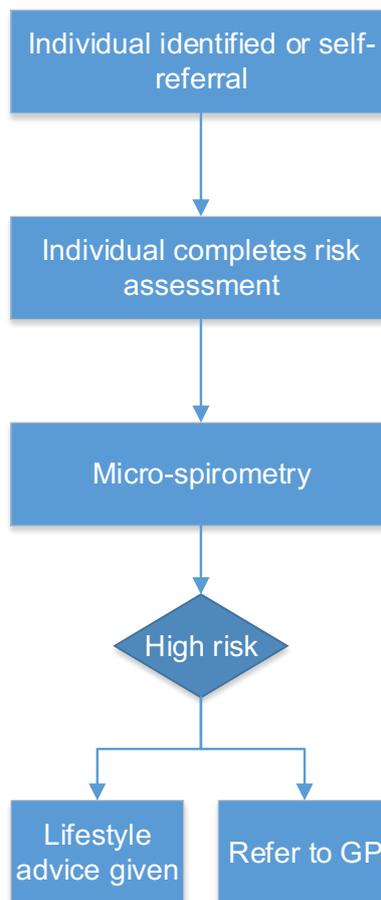
- 3.5. The Service will provide screening for patients and will be delivered by Community Pharmacies based within South Tyneside, delivering within community pharmacy and other community venues.

4. Service Period

- 4.1. This Service Level Agreement will run for a period of 6 months from 1st October 2019 to 31st March 2020.

5. Service Outline

- 5.1. The Check will consist of:
- Identifying suitable patients as per criteria in Section 6.
 - Carrying out a micro-spirometry test.
 - Interpreting the result according to agreed criteria.
 - Explanation to the patient of the result and next steps.
 - Referral to their GP for appropriate patients.
- 5.2. Each pharmacy will recruit and screen up to 200 patients. Those reaching 200 screens before 31st March 2020 may be given permission to exceed this number according to outputs from other participating pharmacies.
- 5.3. Each pharmacy will identify suitable patients and offer a micro-spirometry assessment.
- 5.4. Individual assessment forms must be completed at the time of the assessment and a copy sent to the patient's GP within 5 working days (via pharmoutcomes).
- 5.5. Patients falling in a higher risk category for COPD following an initial assessment will be referred to the GP for further assessment and confirmation of diagnosis. Patients will also be signposted to other health services to support their needs such as smoking cessation, asthma, clinics, self-help groups etc. and given some basic self-care advice. Patients will also have the opportunity of having a Medication Use Review should they already be prescribed medication.



6. Access Criteria

- Aged 18 or over
- Registered with a South Tyneside GP Practice
- A Smoker or Ex-smoker
- Must not already have a diagnosis of COPD or asthma or be prescribed any inhalers for these conditions.
- Must not have not received a previous spirometry assessment

7. Location of Service

- 7.1. The service is to be provided within the locality of South Tyneside.
- 7.2. The service shall be delivered from facilities and settings which are suitable for the purpose and support the confidentiality and dignity of the patient.

8. Funding

- 8.1. **Target Population:** The target population is those patients who are not excluded from the scheme as outlined in Section 6.
- 8.2. **Payment:** Contractors will be reimbursed £10 for each test completed.
- 8.3. **Funding Arrangements:** As this is a pilot, funding is limited. Pharmacy activity will be monitored on a monthly basis and the LPC reserves the right to withdraw the

service if the delivered target number of screens has been met before 31st March 2020. Claims will be made monthly via the PharmOutcomes module.

- 8.4. All pharmacy staff delivering this service must attend training before commencing delivery. Pharmacies are not eligible for payment without completion of this.

9. Service Monitoring and Evaluation

- 9.1. The Pharmacy is required to report by the fifth working day of each month using PharmOutcomes.
- 9.2. The Pharmacy will also be expected to contribute to patient pathway review and quality improvement work.
- 9.3. The Pharmacy is required to co-operate with any local assessment of service user experience, as part of the service evaluation.

Micro-Spirometry (Breathing) Check

We estimate that there are potentially 4000 people in South Tyneside at risk of a breathing condition called Chronic Obstructive Pulmonary Disease (COPD) who do not know they have this condition and so are not getting help to manage it. Some people with COPD have symptoms such as breathlessness and persistent cough. In the early stages people may not have symptoms. It is recognised that early identification is key to supporting patients and to ensure they stay as health and well as possible.

What is Micro-Spirometry?

A micro-spirometry device tests the amount of air you can breathe in and out. It's simple and painless. This test can help to identify if you are at risk of having COPD despite having no symptoms.

Can I have a test?

You can have a check if you are –

- Aged 18 or over
- Registered with a South Tyneside GP Practice
- A Smoker or Ex-smoker
- Not currently diagnosed with COPD / Asthma

What do I need to do?

You will be asked to take a deep breath, and you'll blow hard into a mouthpiece connected to a small handheld device. (Three separate times) The device measures how fast you blow air out of your lungs.

Organisation undertaking micro-spirometry test

Health Adviser name

Organisation contact details.....

Results. FEV1% _____

Colour Rating - Red Amber Green

What next?

No further action required (Green Reading)

Book an appointment with your GP (Amber / Red Reading)

Date / Time of GP appointment

Informed Consent Form

Please read the information below and sign at the bottom if you wish to proceed.

Informed Consent

All breathing tests will only be conducted with your complete consent. If you are currently under medical supervision for **any** health issue, are pregnant, taking any medication e.g. blood thinning medication, you must check with your doctor / health adviser **before** undertaking this test.

Involving Your Doctor

Following your breathing test your results may be forwarded to your family Doctor (GP Practice) in confidence. If your result indicates that it would be wise for you to see your family doctor the health adviser will make a written referral to your doctor and you will also be advised by the health adviser to make an appointment. In the event that the health adviser feels that this is a matter of urgency he/she will contact your doctor and make an appointment for you. Your personal clinical information will remain confidential to the health adviser and your GP Practice only.

Confidentiality

All personal information and results will be kept completely confidential and we store all data in line with the Data Protection Act. Your anonymous results (information not specific to individuals) may be shared with South Tyneside Clinical Commissioning Group (CCG) to help evaluate this service.

Screening Checklist for suitability

Patients with any of the below will not suitable for screening

- **Chest Infection**
- **Headaches / Migraine**
- **Hypertension / Dizziness.**
- **Blood Clot**
- **Coughing up Blood**
- **Heart Conditions**

I have read and understand the content of this form. I am happy for the information to be stored safely and shared with my GP, and for my anonymous results to be used for research. I know of no reason why I cannot undertake a breathing test.

Client signature

Print name

Date

GP Practice

Date of Birth

Ethnicity

Fees, Invoicing, Pricing and Payment

Contractors will be reimbursed £10 for each test completed.