



# Delivering value based healthcare

## Measuring outcomes that matter to patients:

Integrated practice units to improve value in chronic obstructive pulmonary disease (COPD).



### The challenge

COPD is the 4th leading cause of death world-wide and remains a large problem in our local populations.

- Globally COPD is responsible for an increasing proportion of deaths, and patients with the condition can experience potentially serious but unpredictable disease exacerbations
- People with very severe COPD have a burden of disabling physical symptoms (especially breathlessness), compounded by comorbidity and psychological distress.

### Our intervention

Working with the Lambeth and Southwark Integrated Respiratory Team (IRT) to deliver better value care to patients with COPD.

- IRT is a seven days-a-week multidisciplinary team led by two local GP respiratory leads and two integrated respiratory consultants
- Central to the service are Respiratory Virtual Clinics – consultant led clinical sessions supported by a respiratory pharmacist
- Primary care case notes and clinical data for COPD patients are reviewed with the practice staff
- A particular focus of the IRT has been optimising drug therapy by reducing the use of high dose inhaled steroids, inline with best practice guidelines
- In parallel, the team worked to increase referrals of COPD patients to pulmonary rehabilitation, a high-value intervention that is known to improve breathlessness, exercise capacity, and reduce re-admissions.

### Our impact

Savings were made, 50% increase in pulmonary rehabilitation referrals, 34% reduction in COPD admissions, 17% reduction in length of stay.

- £350,000 cumulative savings over seven quarters made in the borough of Lambeth alone
- 50% increase in referrals from primary care for pulmonary rehabilitation, and the Southwark and Lambeth programmes received the most referrals per year of any programme nationally
- 34% reduction in acute COPD admissions to Kings College Hospital NHS Foundation Trust following the inception of IRT in 2012
- 17% reduction in length of stay from 4.45 to 3.7 days
- Highest national COPD audit score in London