

National COPD Programme Outreach Activity 2012-2015

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HSE COPD Clinical Programme Working Group & National COPD Outreach services

INTRODUCTION

- COPD is the most common chronic respiratory disease in Ireland.
- Exacerbations of COPD are the most common disease related causes of emergency admission of adults in Ireland. Ireland has the 2nd highest rate in the OECD for avoidable hospitalisations for COPD.
- In response to this the COPD National Programme supported the development of 12 new COPD Outreach sites.

BACKGROUND AND CONTEXT

- The COPD Outreach team consists of a Clinical Nurse Specialist and a Senior Physiotherapist. The core activities of COPD outreach are to offer early supported discharge, assisted discharge, admission avoidance and direct GP access.
- Three sites existed in Ireland prior to 2012 (Beaumont, Mullingar and St. James Hospital). The data from these services are not included in the data presented.
- It is well known that COPD Outreach is a well established and successful service in the UK. An Irish study (Tallaght) has been published that looks at the efficacy of COPD Outreach in reducing length of stay and improving quality of life for patients. Results show a reduction in length of stay for all COPD patients and improved CAT scores in Outreach patients. They found no reductions in readmissions or mortality rates. This is evidence that COPD Outreach in Ireland is working as planned and it is in keeping with other international research on the effectiveness of a COPD Outreach service.

Locations of new COPD Outreach sites

- Letterkenny General Hospital
- Cavan General Hospital
- Our Lady of Lourdes, Drogheda
- Connolly Hospital
- St. Vincent's University Hospital
- St. Michaels Hospital, Dun Laoghaire
- Tallaght Hospital
- Galway University Hospital
- Limerick Regional Hospital
- Wexford General Hospital
- Cork University Hospital
- Mercy University Hospital



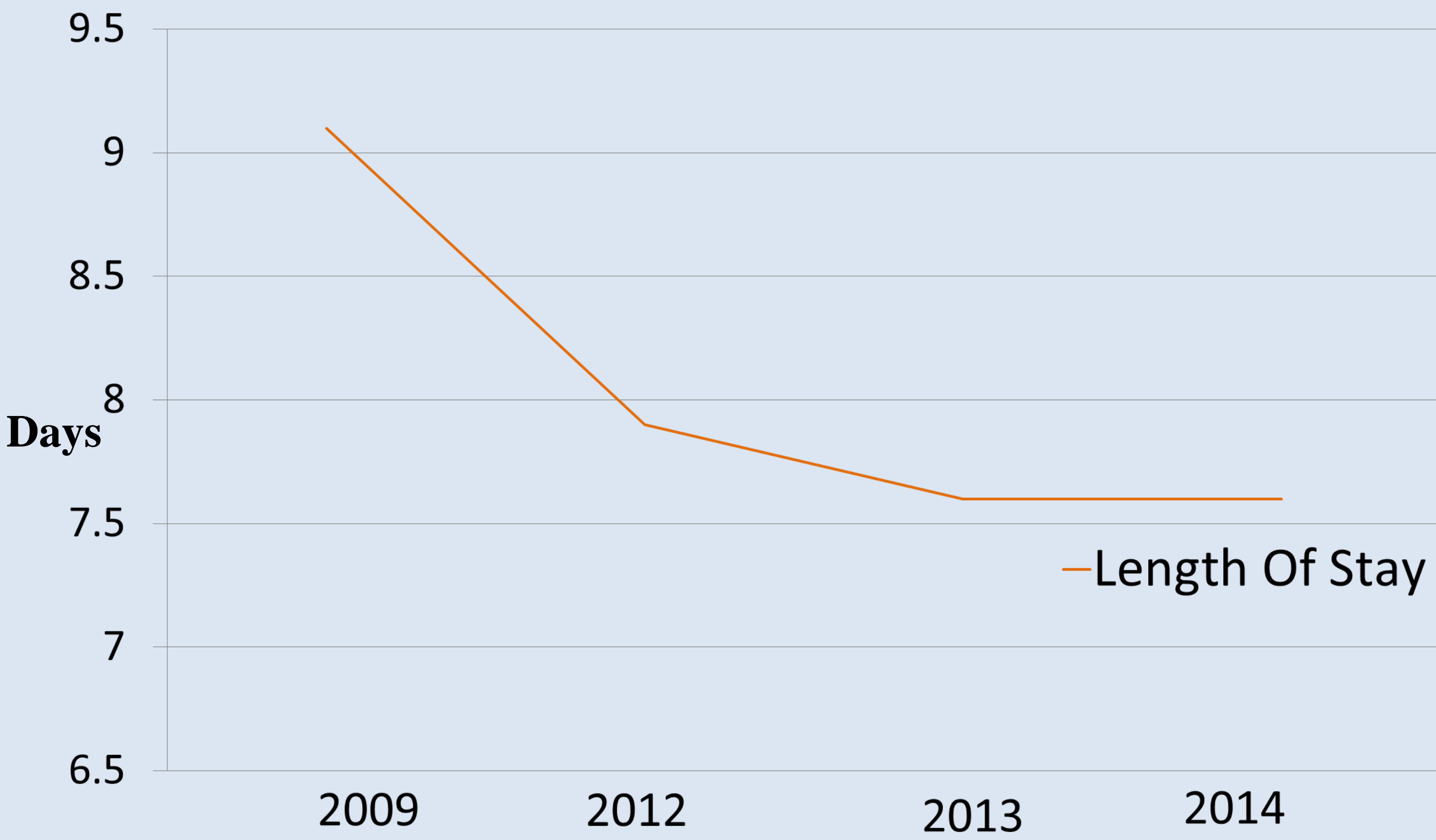
AIM

- Our Aim was to analyse the COPD outreach activity data from 2012-2015.
- The Objective of this is to highlight the contribution COPD Outreach is making in reducing length of stay and improving the quality of care delivered to COPD patients in Ireland.

RESEARCH METHOD

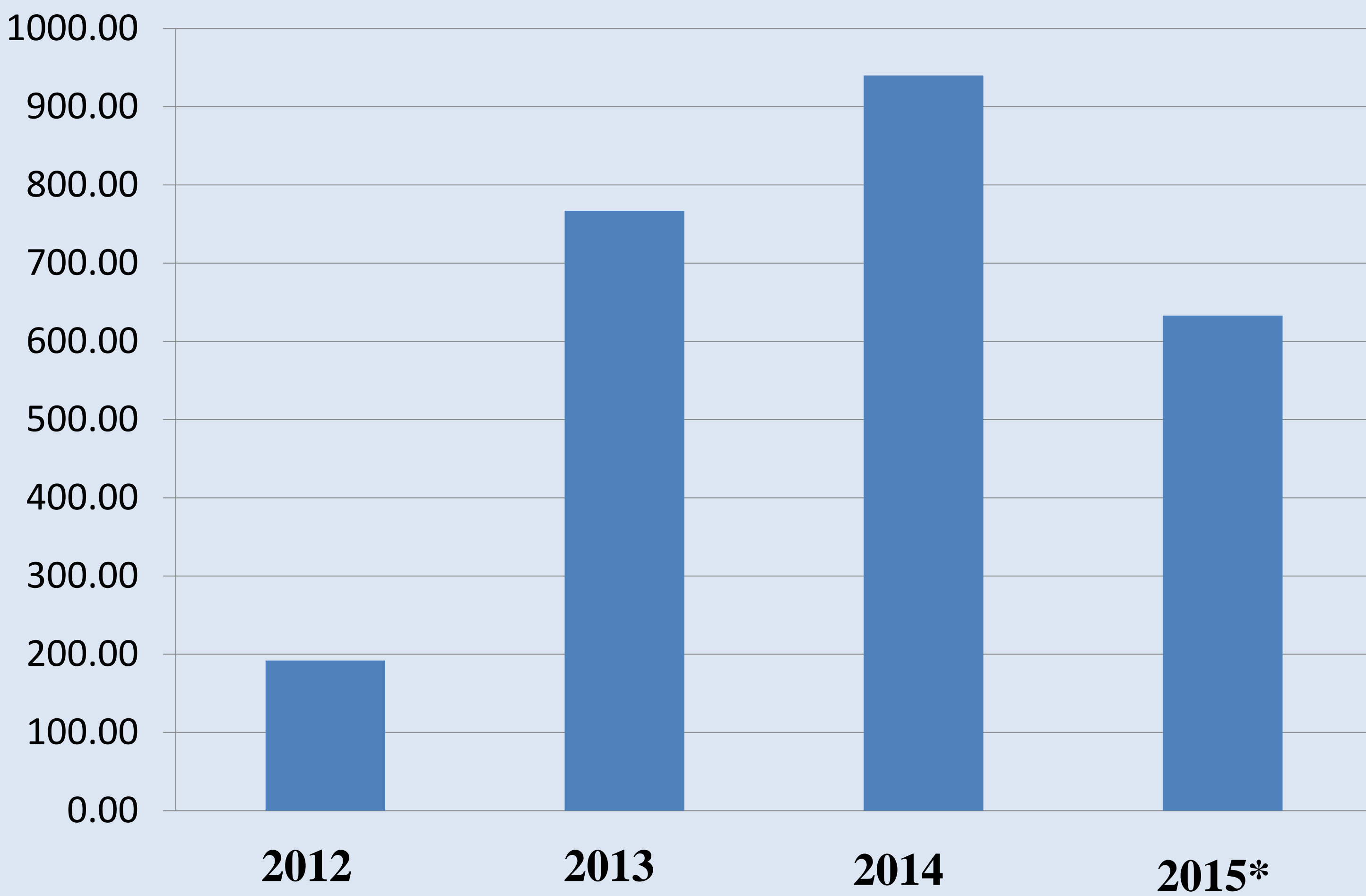
- COPD Outreach services submit monthly data to the HSE. The data from 2012-2015 was requested from the HSE and this was then collated. Any gaps were identified and the particular hospital sites were contacted. The staff working within the new sites then helped to adjust any gaps in the data.
- This study evaluates the overall number patients taken on the COPD Outreach service nationally, and also will analyse the reductions in length of stay of COPD patients

RESULTS



➤ **Average length of hospital stay for COPD was 9.1 days in 2009, 7.9 in 2012, 7.6 in 2013 and 7.6 in 2014. It is suggested that COPD Outreach has contributed to this reduction.**

Number of patients on Outreach programmes



COPD Outreach activity has increased yearly from 192 patients in 2012, 767 in 2013, 940 in 2014 and 633 to date in 2015. 2015 is projected to reach over one thousand patients.

CONCLUSION

- This study suggests that COPD Outreach is now effectively active in most hospitals. Patient numbers are increasing year on year and this is leading to a reduction in length of patient stay. However, it is also evident that some Outreach sites are engaging in other general respiratory activity outside of the Outreach role.