

Buckinghamshire Breathe Well:

Developing Integrated Physical and Psychological Care For People With COPD

Dr. John Pimm

Clinical Lead, Buckinghamshire Psychological Therapies Pathway



VIDEO –Before Intervention

Buckinghamshire Integrated Physical and Psychological COPD Pathway

Hospital Care:

- Acute episodes
- Interface care/A&E
- Inpatient admissions
- End of life care
- Specialist interventions
- Discharge to home/community

Integrated Community Teams:

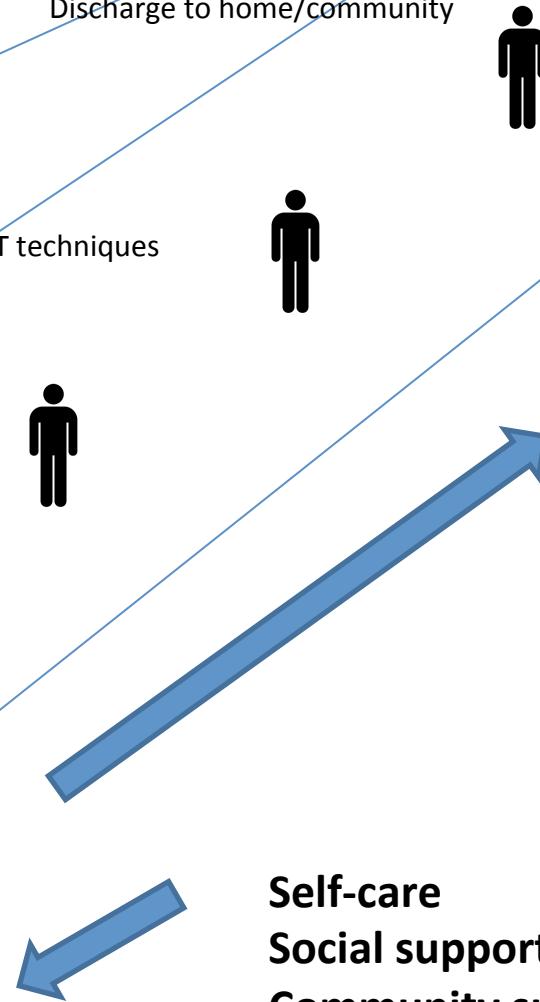
- Identification and risk stratification
- Supported self-care
- Pulmonary rehabilitation programme to include CBT techniques
- Case management
- Disease specific knowledge transfer
- Step 2/3 psychological interventions
- Home treatment

Primary Care COPD Clinics:

- Risk profiling
- Screening
- On-going management
- Step 2 IAPT
- Guided self-help

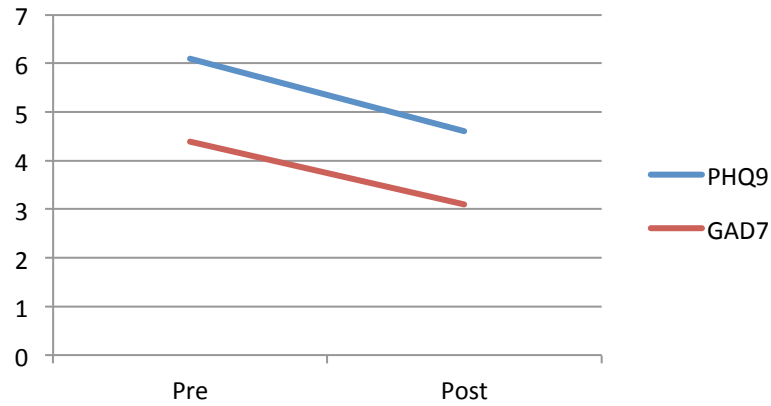
Carers

- Self-care
- Social support
- Community support

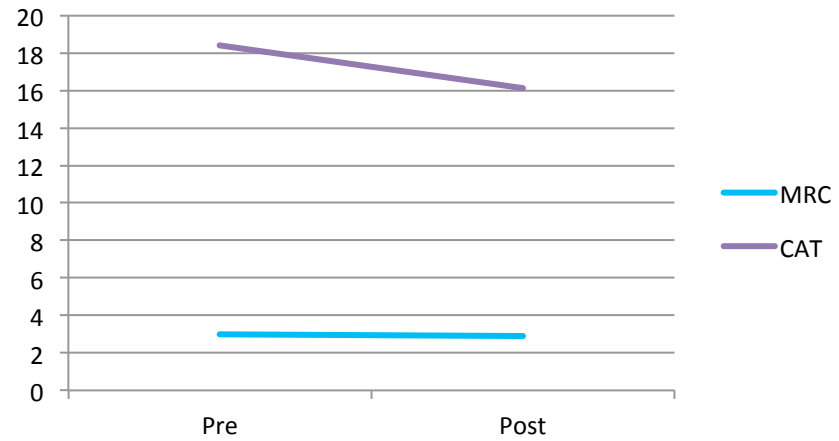


Outcomes

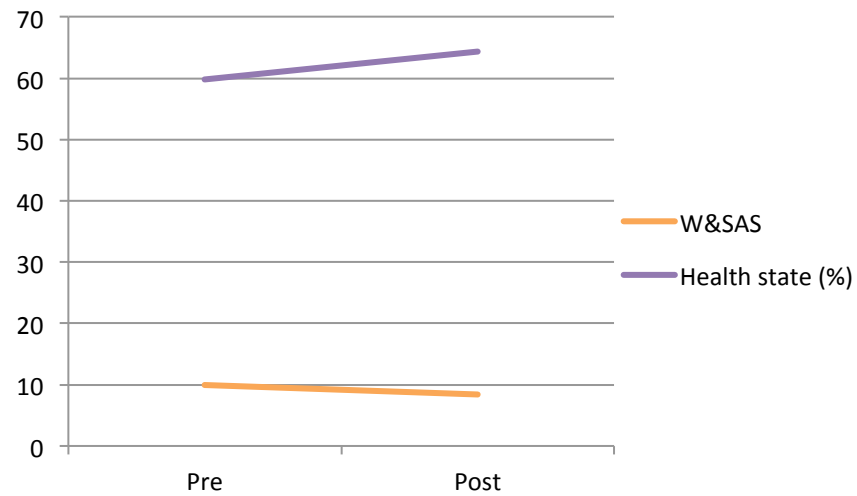
Low mood and anxiety



COPD specific measures



Impact on daily living and perceived health state



Conclusions

- COPD associated high anxiety and depression
- Brief psychological interventions delivered by IAPT-acceptable and effective
- Developed an integrated respiratory care pathway for primary care and community, now extending to hospital
- Evaluation of benefit to health economy in progress
- Model being piloted for all LTCs – Live Well

VIDEO –after intervention