

# The Royal Free Neurological Rehabilitation Centre

## Working Across Service Boundaries: Facilitating Timely Access to Respiratory Management for People with Motor Neurone Disease (MND)

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Royal Free London   
NHS Foundation Trust

### Background and Aims

- Respiratory function significantly predicts both **survival and quality of life** in people with MND
- Early referral to specialist respiratory services at the onset of symptoms is vital to facilitate decisions regarding respiratory management
- The lack of an **easy to use** and **accurate** measure to identify the early signs of respiratory impairment was identified as an area for improvement
- A community based MND respiratory assessment was developed aiming to:
  - Improve **early identification** of patients with respiratory impairments
  - Improve **referral pathway** between community and sleep and ventilation services at the Royal Free Hospital

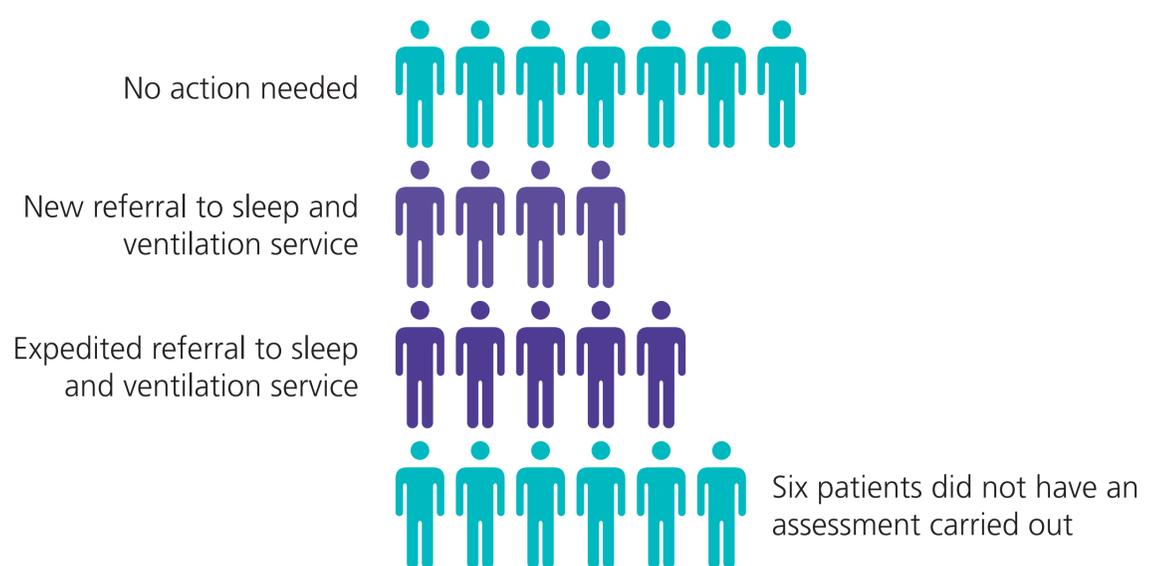
### Methods

- Review of NICE MND guidelines (2016) in collaboration with local sleep and ventilation service
- Peak cough flow (PCF) and pulse oximetry identified as best measures to use within a community setting
- Paper work developed to support the pathway
- Teaching provided to community MDT
- Patients encouraged to self-monitor cough strength at home

### Results

#### Assessment resulted in...

Between March 2016 and March 2017 the team supported **22 individuals** with MND



**13%** of assessments were carried out by **speech and language therapists**

**56%** of clients assessed had a **new** or **expedited** appointment with the sleep and ventilation service arranged

**87%** of assessments were carried out by **physiotherapists**

### Outcomes

The new assessment and referral pathway has been successful at identifying patients with a changing respiratory status. This has resulted in **earlier referrals** to the sleep and ventilation service or enabled **appointments to be expedited**. The results highlighted the majority of respiratory assessment was carried out by physiotherapist and not all of the patients known to the team had their PCF assessed.

### Areas for improvement

Further work is required by the team to promote patient self-monitoring of symptoms and on-going refresher training will be provided to the MDT to increase use of the assessment tool among other disciplines.

### References

NICE (2016) Motor Neurone Disease: Assessment and Management; NICE Clinical Guidelines NG42, available from: [HYPERLINK "http://www.nice.org.uk/NG42"](http://www.nice.org.uk/NG42) www.nice.org.uk/NG42

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