

National Asthma and Chronic Obstructive Pulmonary Disease Audit Programme (NACAP)

Pulmonary rehabilitation: drawing breath – the state of the nation's asthma and COPD care

Findings, recommendations
and quality improvement



Key findings

Audit participation

All eligible pulmonary rehabilitation (PR) services in England and Wales that assess adults with COPD were invited to participate.

- > Includes people with COPD (aged 35 and above) assessed for PR between March 2021 and February 2022.



102,481

patient records were entered for the clinical audit.

63,409 COPD | 16,132 adult asthma

14,168 children and young people's asthma | 8,772 pulmonary rehabilitation

708 (88.4%)

of eligible hospitals submitted patient records.

Demographics



Admission and demographics

- > The median age at admission was **70 years old**.
- > More **men (51.2%)** were admitted for COPD than women.

Socioeconomic status

- > **26.4%** of admissions were of **adults** living in the most deprived areas, whereas **14.6%** were from the least deprived areas.

Enrolment

- > The majority of **adults** were enrolled to the PR programme for centre-based PR.

Key data



5.6%

of people with COPD and Medical Research Council (MRC) grade 3–5 breathlessness were offered PR in the past 3 years in primary care. **Wales only.**



69.1%

of PR services had a clinical lead with designated time for service management.

Key data



40%

of adults with stable COPD started PR within 90 days of receipt of referral

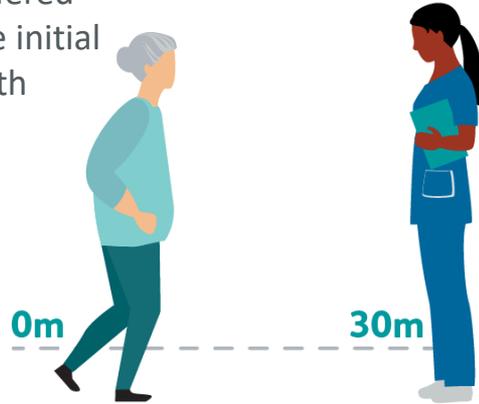
20.1%

of adults admitted to hospital with an exacerbation of COPD started PR within 30 days of receipt of referral.

Key data

57.2%

of PR programmes offered an exercise test at the initial assessment in line with guideline standards.



84.3%

of people with COPD were provided with an exercise plan at discharge from the PR programme.





Recommendations

Recommendation 1

For every person to receive an early and accurate diagnosis based on a guideline-defined approach and a plan for their care.

This could be achieved by

- > primary care teams offering referral to PR for all people with COPD and an MRC breathlessness grade of 3–5.



Recommendation 2

For care to be provided to people with asthma and COPD within the recommended timeframe after hospital admission, to support optimal outcomes.

This could be achieved by

- > ensuring that PR commences within 90 days of receipt of referral for people with stable COPD and within 30 days of leaving hospital for those admitted with COPD exacerbation
- > commissioners providing adequate resource in services that provide PR to enhance capacity and support timely enrolment.



Recommendation 3

For people with asthma and COPD to receive care by appropriately trained healthcare professionals, at each stage of their care pathway.

This could be achieved by

- > protecting time for PR clinical leads to provide leadership to the team.



Recommendation 4

Primary, secondary and community services to implement ways to work together, offering people with asthma and COPD a seamless pathway of care.

This could be achieved by

- > quality assuring PR programmes for people with COPD, including the provision of discharge assessments and exercise plans.



Recommendations

for patients, families and carers

- > Know what good care looks like and feel empowered to ask for it.
 - > Make sure you know what you need to do when you are unwell, who to seek help from and when you should seek help.
 - > Familiarise yourself with terminology that may be used by health professionals and ask for clarification where needed.
- > Ensure that you, your families and carers are well informed about the care you need with NACAP resources:
 - > [Primary care](#)
 - > [Asthma](#)
 - > [Children and young people's asthma](#)
 - > [COPD](#)
 - > [PR](#)



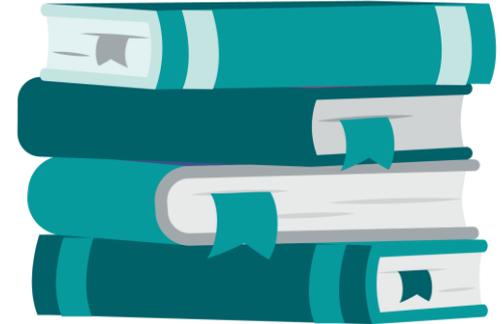
Quality improvement (QI)

QI resources

NACAP offers a suite of quality improvement templates that can be accessed [here](#):

- > Driver diagram
- > PDSA cycle
- > Creating SMART aims

NACAP also offers a quality improvement work programme. If you would like more information on this, please email NACAP@rcp.ac.uk





NACAP

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020 3075 1526

copd@rcp.ac.uk

www.rcp.ac.uk/nacap

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NACAP: Pulmonary rehabilitation