

## Report on Occupational Therapy interventions in the Integrated Respiratory Team (IRT)

Start date: 08/07/2019

Report date: 27/02/2020

Number of patients treated: 69 patients

Number of patients on palliative care list: 32 patients

Number of deaths: 9 (six in hospital and three at home)

Number of home visits: 166 visits

	Palliative patients	Non-palliative patients	Patients deceased	Number of home visits
North	10	7	3	36
City	22	30	6	130
<b>Total</b>	<b>32</b>	<b>37</b>	<b>9</b>	<b>166</b>

### Role of Occupational Therapist within IRT:

Occupational Therapy promotes a biopsychosocial model of care and considers a Person-Environment-Occupation approach to interventions which complement the skills of other professions within the team supporting a holistic approach to patient care.

Overview of clinical responsibilities	Outcomes
To assess, plan and deliver specialist Occupational Therapy interventions to support patients manage their respiratory condition.	<ul style="list-style-type: none"> <li>Reducing hospital admissions.</li> <li>Increasing self-management.</li> <li>Improving quality of life.</li> </ul>
To provide specialist advice on managing breathlessness and anxiety in a non-pharmacological way.	<ul style="list-style-type: none"> <li>Preventing hospital admissions.</li> <li>Increasing confidence.</li> <li>Improving quality of life.</li> </ul>
To encourage increased activity levels and self-management	<ul style="list-style-type: none"> <li>Preventing deconditioning and dependence on care.</li> </ul>
To provide emotional and psychological support	<ul style="list-style-type: none"> <li>Preventing hospital admissions</li> <li>Improving quality of life.</li> <li>Reducing anxiety</li> </ul>
Palliative care support	<ul style="list-style-type: none"> <li>Ensuring optimal care is provided at the right time and by the most appropriate professionals.</li> </ul>
Advanced care planning	<ul style="list-style-type: none"> <li>Patients are given the opportunity to express what is important to them including how and where they prefer to be cared for.</li> </ul>
To provide assistive equipment and refer for housing adaptations without delay	<ul style="list-style-type: none"> <li>Increasing independence</li> <li>Enabling patients to be cared for at home.</li> </ul>
Information and advice on benefits, Blue Badge, Telecare, stair lifts etc.	<ul style="list-style-type: none"> <li>Increasing independence</li> <li>Improving quality of life.</li> </ul>

### Breathlessness and anxiety management:

- Teaching and practising breathing techniques with patients
- Working with patients to maintain and gradually increase their activity level
- Teaching relaxation, mindfulness techniques and other strategies to manage anxiety
- Advising on pacing, and energy conservation to manage fatigue
- Encouraging increased self-efficacy and self-management

### Palliative Care:

- Facilitate discussion around advanced care planning and ensure wishes are recorded.
- Identify quality of life priorities
- Encourage patients to stay active and engage in activities they enjoy.
- Provide emotional support to patients and their carers
- Close collaboration with colleagues involved in palliative care

### Onwards Referrals:

- Pulmonary Rehabilitation
- Psychologist and CBT therapist
- Smoking cessation
- Oxford Wheelchair Service
- Oxfordshire County Council for housing adaptations and specialist equipment
- Carers Oxfordshire
- Better Housing, Better Health
- Social prescriber

### IRT case study one – Occupational therapy input

Integrated care	Occupational Therapy interventions
<p>76-year-old gentleman with COPD and anxiety. Severe breathlessness limiting activity.</p> <p>Lived with wife in privately rented house. Had a stairlift.</p> <p>On IRT palliative care list and discussed regularly in palliative meetings.</p> <p>IRT involvement – Respiratory nurse, OT, Psychologist, Palliative care nurse.</p> <p>No hospital admissions between July 2019 and March 2020.</p>	<ul style="list-style-type: none"><li>○ Breathing techniques and home exercises</li><li>○ Advanced care plan completed.</li><li>○ Referral to Better Housing Better Health – new fridge/freezer provided and gas central heating to be installed.</li><li>○ Referral to Social Prescriber for social activities.</li><li>○ Information and advice re. mobility scooter insurance and registration.</li><li>○ Informal emotional and psychological support to patient and wife.</li></ul>
<p>Outcome: Died at home in May 2020 – jointly supported by palliative care nurse, IRT OT, GP and District Nurse.</p>	

## IRT case study two – Occupational Therapy input

Integrated care	Occupational Therapy interventions
<p>74-year-old gentleman with COPD. Severe breathlessness limiting activity. Provided with ambulatory oxygen. Swollen feet.</p> <p>Lived with wife in own house. From December 2019 had bedroom downstairs with hospital bed.</p> <p>On IRT palliative care list and discussed regularly in palliative meetings.</p> <p>IRT involvement – Respiratory nurse, OT, PT, Palliative care nurse.</p> <p>Two hospital admissions: – October and December 2019 with IECOPD.</p>	<ul style="list-style-type: none"><li>○ Breathlessness management including home exercise and gradually increasing activity level.</li><li>○ Referral to Oxfordshire Wheelchair Service.</li><li>○ Advice regarding private purchase of armchair and slippers.</li><li>○ Order of perching stool to use in kitchen</li><li>○ Completion of Advanced Care Plan – preferred hospital care if acutely ill.</li><li>○ Informal emotional and psychological support to patient and wife.</li></ul>
Outcome: Died in hospital in April 2020 with suspected Covid-19.	

### Conclusion:

The IRT project provided a great opportunity to develop a role for an Occupational Therapist within the Respiratory Team. Despite the short time frame of the project it was demonstrated that Occupational Therapy can make a valuable contribution to patients living with a long-term respiratory disease.

The IRT project provided an excellent opportunity for professionals to learn from each other and created positive collaborative working.

ICT has been a challenge both in terms of software systems and hardware.

  
Occupational Therapist

July 2020