



HEALTH AND CARE POLICY DEVELOPMENT AND SCRUTINY PANEL

MYCOPD – PROJECT UPDATE

REPORT BY GENERAL MANAGER – PRIMARY CARE AND COMMUNITY SERVICES

A. PURPOSE OF REPORT

The purpose of this report is to provide the Health and Care Policy Development and Scrutiny Panel with an overview of the myCOPD project.

B. RECOMMENDATION

It is recommended that the panel notes the progress made with regards to the myCOPD project.

C. SUMMARY OF IMPLICATIONS

I Council Values	<ul style="list-style-type: none">– Focusing on our customers' needs– Being honest, open and accountable– Providing equality of opportunity– Making best use of resources– Working in partnership
II Policy and Legal (including Strategic Environmental Assessment, Equality Issues, Health or Risk Assessment)	None
III Implications for Scheme of Delegations to Officers	None
IV Impact on performance and performance Indicators	None
V Relevance to Single Outcome Agreement	We live longer healthier lives and have reduced health inequalities
VI Resources - (Financial, Staffing and Property)	None
VII Consideration at PDSP	None
VIII Other consultations	None

D. TERMS OF REPORT

Background

Chronic obstructive pulmonary disease (COPD) is the name for a collection of lung diseases including chronic bronchitis, emphysema and chronic obstructive airways disease COPD is one of the most common respiratory diseases in the UK.

It is thought there are currently 6,000 (WL 3% of population) patients in West Lothian suffering from COPD which is higher than the national average of 2%. It is estimated that only 10% of patients follow their treatment plans correctly. There is no cure for COPD and good symptom management is essential to stabilise the condition and prevent flare-ups or exacerbations.

A number of studies have been undertaken to review the effectiveness of technological interventions in COPD to improve clinical and process outcomes. From these studies and evidence assimilated, it was concluded that technology enabled care had the potential for development in West Lothian, and the myCOPD platform was identified as the most appropriate through which an initial test of change could be conducted.

myCOPD is a user-friendly, intuitive on-line application for people with COPD. It empowers patients to self-manage their condition and provides 24/7 advice and support. It was created by COPD clinicians and is accessible to patients on a mobile phone or any other device.

myCOPD is also a low cost option – the licence costs £20 per patient for life and £5 per annum whilst using the system. At those costs, there was considerable scope for extending use of myCOPD.

With the support of funding provided by the West Lothian Technology Enabled Care Board a project was undertaken to introduce and test myCOPD with a cohort of 200 patients in West Lothian to establish if the platform could provide patients with a tool to help them self-manage their condition, increase adherence to therapy and improve their COPD outcome

myCOPD had a very positive launch at a stakeholder event in November 2017 with expressions of interest from across primary and secondary care. More than half of the licences were distributed within the first six months. Patient feedback has been very positive as have the benefits perceived by clinical staff.

A Patient Survey was conducted in July 2018 and found that:

- 86% of patients found it easy/very easy to use
- 95% of patients felt confident about looking after their COPD
- 95% of patients felt more confident that their symptoms were more controlled

The project concluded that myCOPD:

- was a low cost option
- allows for higher productivity
- provides effective treatment, hence improving safety while reducing the cost of medication
- allows faster interventions/treatment and
- supports a better patient experience.

Building on steps taken in this test of change the next steps are to establish and firmly embed myCOPD in practice.

The HSCP are engaging with GP practices to identify suitable patients and promote myCOPD with the aim to get 1000 COPD patients signed up and using myCOPD over the next 12 months.

E. CONCLUSION

Technology enabled care is transforming the way in which health, care and support services are delivered in Scotland, providing opportunities to care in new ways and helping the management of rising costs and demand. Following a positive interim evaluation of this test of change, it has been agreed to scale up the project. The procurement of 1,000 myCOPD licences been approved by West Lothian Health and Social Care Partnership.

F. BACKGROUND REFERENCES

None

Appendices/Attachments: None

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