Shaping a Dynamic Future in Respiratory Practice

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Using Group Consultations to Improve Asthma Care

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Disclosures:

- Georgina Craig has received an honorarium for this meeting from Teva UK Limited
To share with you:

- What group consultations are and are not
- Why group consultations help improve quality and person-centred care
- How group consultations could improve outcomes in asthma
Group consultations are....

• Also known as ‘shared medical appointments’ (SMAs)
• An alternative way of consulting or doing planned reviews e.g. annual reviews
• Personal clinical consultations delivered in a supportive group setting
• A consultation with 10-15 people with similar conditions
• Managed by a process facilitator
• 1.5 hours long, with the clinician present for 45 minutes (half the time)
Group consultations are NOT...

- Self-help or peer support groups
- Peer-led
- Patient education
- Group therapy
- Health coaching
- Social prescribing
- The Expert Patient Programme
- AS WELL AS CLINICAL CARE
How do group consultations deliver person-centred care?

What matters to clinical people?

• Variety; minimising repetition
• Spending longer with patients; closer relationships
• Getting to the bottom of the story
• Seeing change happen in consultations
• Learning from patients
• Learning from colleagues
• Getting ‘must do’ work done e.g. QOF
How do group consultations deliver person-centred care?

What matters to people and families?

• Continuity and systematic follow up and review
• Trusting relationships with doctors and nurses
• Spending longer with doctors or nurses
• Discussing things that matter to me
• Understanding my condition and what the clinician is saying
• Peer connection
• Personal strategies to take control
Why group consultations could work well in asthma

What is it like to be a family or child living with asthma?
• I feel different; isolated and unable to join in (playtime, sports, sleepovers)
• I dislike inhalers; I wish I didn’t have to take them
• There is no spontaneity; asthma impacts a lot on family life
• My siblings don’t understand
• I may have low expectations of quality of life
• We get too little support from primary care often at the wrong time
• It is hard to get enough reliever inhalers
• Specialists work magic
How could group consultations help make family life better?
Why group consultations could work well in asthma

What is it like living and working with respiratory issues?

- I may not feel I have a ‘diagnosis’
- Anxiety exacerbates my condition; I get depressed, I may feel guilty
- I may lack confidence to get out and about; do things I enjoy
- The right medicines make a massive difference to me
- Peer support and group-based exercise really helps
- I get little support or understanding at work; I may feel work is the cause of my respiratory health issues
- Family support keeps me well
- Regular reviews and follow-ups are reassuring
- I want someone to talk to (phone) when the unexpected happens
How could group consultations help make peoples’ lives better?
How to find out more

1. Go to www.elcworks.co.uk. Watch video. Download briefing and FAQs on group consultations

2. Contact us for information about training:

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