

RESPIRATORY HEALTH

Healthwatch Lincolnshire wanted to understand individuals' experiences of health and care services that support people in Lincolnshire navigating a range of respiratory conditions e.g. asthma and chronic obstructive pulmonary disease (COPD).

223

**service
users**

7

**healthcare
professionals**

CONDITIONS

Respondents experiences related to the following conditions:

- Asthma
- COPD
- Pulmonary Fibrosis
- Bronchiectasis
- Interstitial Lung Disease
- Long COVID
- Pneumonia
- Breathlessness

DIAGNOSIS

70% were diagnosed correctly first time.

Diagnosis times varied depending on the condition, for example, 63% of those with asthma were diagnosed within three months or less.

However, for other respiratory conditions such as COPD, long COVID and bronchiectasis diagnosis times were more varied, and it tended to take longer to get a diagnosis.



MEDICATION

41%



had struggled to get medication that worked for them.

This included shortages, difficulty accessing specialist medications and challenges in effectively managing symptoms.



RESPIRATORY HEALTH

TREATMENT AND MANAGEMENT

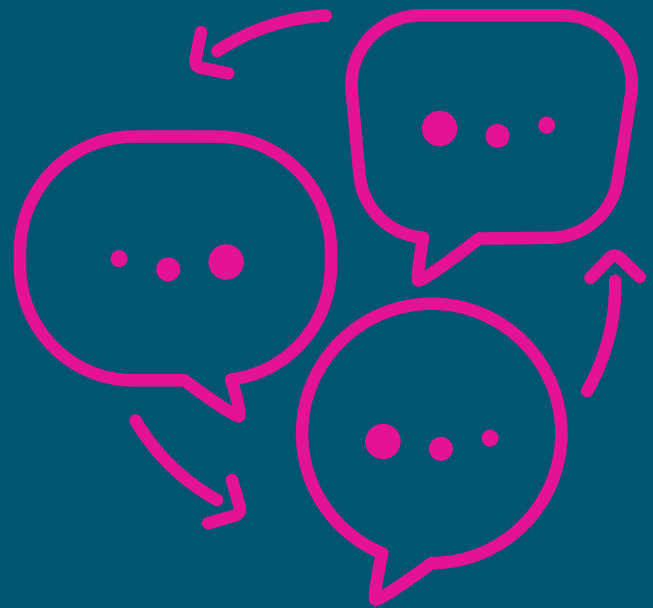


24% had been offered and or received treatment other than medication. This included pulmonary rehabilitation, breathing exercises, support groups and mental health support.

However, it was felt there were inequalities in signposting and access to this support. With support varying depending on the condition you had and where you lived in the county.

WHAT WORKS WELL?

1. Specialist care including Asthma and COPD nurses, physiotherapists and community rehabilitation.
2. Repeat Prescriptions
3. Monitoring and Reviews (*for those that had them*).
4. Care from GP (*however others felt this needed to improve*).



WHAT COULD BE IMPROVED?

1. Reduce inequality in the availability of services and support, both in terms of geographic location and for specific conditions.
2. Localised clinics and support groups with respiratory specialists and those with living or lived experience.
3. Provision of more information around causes of conditions, prognosis and management. This included holistic support to complement medication.



THANK
YOU

Thank you to everyone who shared their experiences. The findings will support NHS Lincolnshire review of respiratory services.