

Children under 5 with wheeze: post exacerbation follow up



Camden Islington and Haringey CEPNs

GROUP CONSULTATIONS CASE STUDY

Specialist paediatric asthma care

What we did



What changed and improved?

OUR CHALLENGE

Children who attend A&E or who are admitted with viral induced wheeze and without IV drug treatment need to attend a one off review 4-6 weeks later with the paediatric asthma team. The clinic involves a Band 6 and Band 7 specialist nurse and to see 6 families in clinic, it takes each nurse 4.5 hours. The clinic is repetitive and if families DNA, clinician time is wasted, waiting. The team also wanted families to benefit from meeting others in the same boat and learning from them.

OUR CLINIC DESIGN

The clinic administrator personally invites parents and explains it is a group. On the day, she checks parents in and makes sure they have completed paperwork, including a diagnostic questionnaire. The Band 6 nurse does height and weight; sets up the group clinic and works with parents to elicit and answer their questions and concerns whilst the children play. The Band 7 nurse joins and does 1:1 reviews, supported by her colleague who helps capture history and develop a care plan. The Band 7 leaves and the Band 6 nurse closes the session. Any children needing allergy tests get them.

OUR METRICS AND CLINICAL AGENDA

- Age
- Weight
- Height
- Birth history
- Family and child's history of atopy and symptoms
- Number of A&E attendances in last year
- Physical examination of child
- Care plan creation

EFFICIENCY

- Reduction from 4.5 to 1.5 hours Band 7 nurse time = 66% clinician time saving
- Reduction from 4.5 hours to 2.5 hours band 6 nurse time = 45% clinician time saving
- 31% reduction DNA rate from 16% (1:1) to 11% group clinic; wasted clinician DNA waiting time in clinic eradicated
- Half a session freed up for both nurses to do other work; clinics finish on time

PERSONAL OUTCOMES

- 58% reported learning something new from their peers or specialist nurses
- 50% understood wheeze better and felt more confident and in control
- This bodes well for positive impact on subsequent A&E and hospital admissions. Follow up audit can quantify this

EXPERIENCE OF CARE

- Parents enjoyed sharing experiences and benefited from others asking questions they would not have thought to ask
- Parents liked being able to compare symptoms and meet others in the same boat
- Children enjoyed playing together
- Parents felt safe to share their concerns and reported the clinic was a relaxed social environment and nurses gave great advice
- Nurses found it a fun, energising way to practice that supported shared assessment and collaborative working
- There was less repetition
- Clinics finishing on time enhances work-life balance

“My child enjoyed playing with other children... you are with people who understand the struggle and can relate. You get to compare your child with others' symptoms.. we are taking the information and using it at home”

For more information about this programme, contact:

Ana Marote, Specialist Paediatric Nurse, NHS Whittington
Email: a.marote@nhs.net

Sule Kangulec, Programme Lead, Camden Islington and Haringey CEPNs
Email: sule.kangulec@communitymatters.co.uk

Georgina Craig, Group Consultation Training Lead, The ELC Programme
Email: georgina@elcworks.co.uk Tel: 07879 48005

