

GRAMPIAN RESPIRATORY MCN

2025/2026 - A YEAR IN REVIEW



Clinical Lead Overview - Dr Kris McLaughlin

This year, the Respiratory MCN delivered an ambitious programme of education, data improvement and sustainability focused prescribing work. The annual Respiratory Professional Conference brought together 167 attendees to share learning, challenges and innovation from across the region. To extend beyond the reach of the main conference, the network also delivered two evening roadshows, a half day chronic disease educational event and an online winter preparedness event, with sessions on key topics formulated from delegate feedback and Respiratory MCN Objectives.

The network commissioned Community Appointment Days for people living with COPD, supporting two events in Elgin and Aberdeen. These brought multiple services together in one place, giving patients more time for meaningful conversations, practical support and education about their condition. Early evaluation shows people left with a better understanding of their COPD, greater confidence in managing it, and positive behaviour changes.

The prescribing subgroup progressed eight priority recommendations from the National Prescribing Strategy, updating prescribing guidance (including inhaler carbon-footprint icons and DPI preference content to inhaler guidance), and collaborating with consultants and primary care teams to support change and education. The Respiratory Dashboard was shared with GP practices across Grampian to improve visibility of key respiratory metrics, supporting more data-informed service improvement at a local level. This included overviews of chronic disease management, hospital admissions and prescribing data in relation to Respiratory care. Engagement and education continue into 2026, with further educational roadshows planned and supported by clinical leads and members of the Respiratory MCN, including sessions on prescribing, COPD management and other key areas of respiratory care.



PEOPLE

EDUCATION

We brought together a record number of 167 delegates to our annual Grampian Respiratory Professional Conference, focussing on updated asthma guidelines, referrals, palliative care and more. Other events included two evening roadshows and an online Winter Conference. Two Community Appointment Days also took place in Elgin and Aberdeen providing direct patient education to over 400 attendees, focussing on self-management, anxiety, breathing techniques, and physical activity, alongside multi-service support



PATHWAYS

GRIP

For more than a decade, GRIP has sought to improve respiratory care by identifying high-risk patients, supporting better and safer prescribing, and helping practices deliver the best possible care through education, quality improvement and system-wide collaboration. Unfortunately, due to the current funding pressures in Grampian, GRIP came to an end in March 2026 but in the last year the team continued to help improve patient care, reduce unnecessary spend on high-cost inhalers, support the implementation of new asthma and COPD guidelines, strengthen respiratory diagnosis in primary care, and deliver high-quality training and education for the wider workforce.



PATHWAYS

INTELLIGENT USE OF INFORMATION (DASHBOARD)

After a delay in accessing real time primary care information, we were successful in obtaining this through the Primary Care Intelligence Service. The focus of this was on achieving a better understanding of the delivery of core asthma and COPD care measures and identifying high risk patient prevalence. Data was made available for all practices in Grampian allowing comparison across clusters, partnerships and the region across these outcomes. Emergency admission data was reviewed across key respiratory diagnoses and conditions, including Asthma, COPD and Respiratory infections.



PLACES

PROMOTING THE REDUCTION OF INHALER ADMISSIONS

Grampian performs well nationally with regards to prescribing, but improvement opportunities remain. There has been a notable reduction in inhaler-related CO2 emissions, likely linked to increased MART use. pMDI prescribing remains high, indicating scope for further greener prescribing initiatives going forward.



PEOPLE

FOCUSED DELIVERABLES

The focused deliverables identified for the year included Grampian Guidance updates, working with third sector organisations, developing updated primary care chronic disease management templates for asthma and COPD, and engaging with national groups.

GRAMPIAN RESPIRATORY MCN



2026/2027 OBJECTIVES



EDUCATION

The MCN will continue to focus on providing high quality educational events that support the workforce with a focus on updated clinical guidance, best practice approach to care, national and regional priorities with the goal of improving respiratory care for patients in Grampian and increasing the confidence and capability of the workforce.

This will be achieved through:

- Annual Spring Conference
- Evening Roadshows
- Half day Chronic Disease Management events
- Online Winter Conference
- Possibility for patient facing events



PRESCRIBING

We will continue to use National Therapeutic Indicators and local respiratory prescribing data to identify areas for improving prescribing in Grampian. This will focus on key areas of:

- Reducing inhaler carbon emissions
- Uptake of national and local prescribing guidelines
- Improving cost effective prescribing and reducing waste
- Increasing Dry Powder Inhaler SABA use from <5% to 20% of all SABA prescribing by 2030
- OPEP devices

We will also provide practices with annual updates of respiratory prescribing trends to celebrate success and identify areas for improvement.



CROSS-SYSTEM WORKING OR INTEGRATED WORKING

It is increasingly important to recognise and release the potential benefits of cross system working within NHS Grampian and with 3rd sector partners. Many sectors will have shared goals and responsibility and there are common approaches to different long term condition management. By identifying key objectives and coordinating a cross system approach to tackling these, we will achieve our goals more effectively. This will include:

- Waiting Well initiative in conjunction with Healthpoint
- CHSS – patient banners, promotion of local services
- Consultant involvement
- CfSD Respiratory National Groups for Asthma, COPD and Severe COPD Subgroup
- Multi-morbidity event with diabetes



INTELLIGENT USE OF DATA

We will continue our focus on gathering and analysing real time data around key respiratory metrics across primary and secondary and urgent and unscheduled care. By understanding this we can identify priorities for care pathways that will improve outcomes for patients and NHSG as a whole. Data to be examined includes:

- Primary Care Intelligence System chronic disease data - 2025-26 and comparing regional data with the national position
- Admissions and unscheduled care data



FOCUSED DELIVERABLES

We will identify opportunities where focused efforts can deliver rapid results to ensure that we are delivering regular improvements alongside our long term strategic goals. Key deliverables include:

- Grampian Guidance updates - including chronic cough, asthma and COPD, Bronchiectasis, and ILD
- MART and Oral steroid posters for primary care
- Pharma company meetings to explore collaborative working opportunities
- Updated primary care chronic disease management templates for asthma & COPD
- COPD bundles discussion
- Smoking cessation referrals (from inpatients)
- FeNO NHSG Charities business case