



Somerset NHS Foundation Trust

Respiratory Advice and Management Physiotherapy Service (RAMPS)

Introduction and background

Project Aim: To improve the respiratory management for patients with long term chest conditions in Somerset.

A pilot project for three months in conjunction with the Respiratory Department at Musgrove Park Hospital and the CCG has been proposed based on a 0.5WTE respiratory physiotherapist providing this service.

The service is designed to support breathlessness advice and management for patient's identified in primary care with Asthma, Severe COPD, Hyperventilation/Dysfunctional breathing and ILD. For those patients with Bronchiectasis, sputum clearance advice as well as breathlessness management can be provided.

This service will be provided in the first instance through telephone consultation and video conference facilities for those patients that have the ability to do that.

The project aims to achieve:

- advice and management for patients with chronic respiratory disease
- a focus on empowering patient's towards effective long-term self-management via increasing patient confidence in their own condition
- improved patient experience and better co-ordination of care
- improved quality of life for those patients
- a reduction in unscheduled emergency hospital admissions
- reduce referrals to respiratory consultants and respiratory nurses

Who should be referred?

Patient's with airway clearance problems which may include conditions such as:



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- chronic obstructive pulmonary disease (COPD)
- bronchiectasis

Patients with dysfunctional breathing patterns, including:

- hyperventilation syndrome
- asthma
- problems with breathlessness
- anxiety

Exclusion criteria:

- acutely unwell
- children under 16
- EILO
- Acute mental health crises

How can patients be referred?

Referrals to include a clinical history summary, known diagnosis and reason for referral can be received from GPs via the following method:

- e-mail RAMPS@tst.nhs.uk
- telephone (for advice only) : 07867408463 (currently held by respiratory secretaries as phone also used for COVID-19 support)

Clinic days

The service will be available 5 days per week from 11.00-14.00.

Emily Johnstone (Senior Respiratory Physiotherapist) is the service provider.