

Cross-Party Group on Lung Health

10.30am-12pm, 27 September 2024

Recording can be found here -

<https://www.facebook.com/asthmalungscot/videos/1333106681431580>

Present

MSPs

Emma Harper MSP (Co-Convenor)

Mark Ruskell MSP (Deputy Convenor)

Non-MSP Group Members

Gareth Brown (Secretariat)

Amanda Walker

Anne – Cheyne Gang

Anne Crilly

Claire Smith

Colin Brett

Damian Crombie

David Heffernan

Dianne Foster

Emma Clitheroe

Esme Allen

Frankie Toner

Garry McDonald

George Chalmers

John Lockhart

Joseph Carter

Katie Johnston

Laura Smart

Leigh Mair

Liam Clutterbuck

Lisa Murray

Lisa O'Leary

Liz Mason

Monica Fletcher

Sarah Walker

Tom Fardon

Vivienne Gaynor

Apologies

Alexander Stewart MSP (Co-Convenor)

Jackie Baillie MSP

Alison Stewart

Carole Wood

Emily Kennedy
Julie Lennon
Julie MacDougall
Kenneth Macleod
Leanne McGuire
Linda Gray
Linda McLeod
Margaret Stevenson
Maureen Ward
Nicola Roberts
Shona Brown
Tom Mackay
Zieda Taylor

Welcome and Introductions

- Emma Harper MSP (EH) welcomed attendees to the meeting and outlined the agenda.

Minutes of Previous Meeting

- Gareth Brown (GB) explained that the minutes of the previous meeting were not available due to the Scottish Parliament's system not set for record at the hybrid meeting.
- GB said that these would be shorter than normal with a note on who presented and who asked questions only.

Clearing the Air: Transport + Lung Health report

- EH invited GB to present on the latest Asthma + Lung UK Scotland report *Clearing the Air: Transport + Lung Health* and event which was held on the previous Wednesday night.
- GB thanked EH and began his presentation (*slides available on request*).
- GB spoke about the theme of the report and why transport and lung health was selected. He then outlined what the report focussed on.
- GB stated that the report is the first major transport and air quality report in this parliament, following the successful of the domestic burning report in October 2023.
- Over 2,700 people prematurely each year in Scotland as a result of air pollution, with air pollution being the greatest environmental threat to public health according to GB.
- The report found that Scotland is meeting its current legal limits for nitrogen dioxide (NO₂) and fine particulate matter (PM_{2.5}) and has done since 2022.
- GB said that using the updated World Health Organisation air quality guidelines from 2021, then we would not be meeting the updated targets with less than half of monitoring sites meeting PM_{2.5} guidelines and two-thirds meeting new NO₂ guidelines.
- Looking at transport, GB pointed out that 41% of ScotRail's train stock is diesel train, with the use of diesel trains increasing at a greater rate than that of electric trains.

- GB then updated on bus usage, with 301 million passenger journeys in 2022/23 showing that bus travel remains to be the most popular method of public transport.
- Analysis by GB revealed that despite an increase in electric vehicle sales, demand for public charging points fell by 37% between July 2023 and June 2024.
- GB informed the CPG that through Freedom of Information requests, only one fixed penalty noticed had been issued to a driver for vehicle idling over a 3-and-a-half-year period.
- GB then presented slides showing the links between air pollution and the health of people with lung conditions, the elderly, children, those in poverty and ethnic minority groups.
- GB also discussed Asthma + Lung UK polling and surveys showing the concerns of people with lung conditions related to air pollution.
- GB then went through the ten recommendations of the report, expanding on some of the points raised previously – these can be found here: <https://www.asthmaandlung.org.uk/clearing-air-transport-lung-health>.
- GB ended the presentation after these slides, with EH thanking GB for a comprehensive and detailed presentation.
- Mark Ruskell MSP (MR) who sponsored the event on 25 September have a brief update on how the event went, asking GB about the planned petition to adopt the WHO air quality guidelines 2021 and what the challenges are for adopting these, further asking about vehicle idling awareness and enforcement in each council and about reducing demand for private vehicle travel.
- Joseph Carter (JC) added that on PM2.5, it may be harder to reach the new lower WHO limit but has to be ambitious while recognising it won't happen overnight. JC also gave examples of what's been happening in England and Wales with their respective PM2.5 limits.
- EH said she will share the air quality alert information on her social media sites.
- GB responded to say that one of the recommendations from the coroner of Ella Kiss-Debrah's inquest was to have better air quality monitoring and alerts system, explaining that current alert system is not strong enough in Scotland with alerts issued at 2pm.
- Monica Fletcher (MF) congratulated GB on the report and gave an update of the first major publication of the CHILL study looking at Ultra-Low Emission Zone in London and said that she is keen to update on this at a future meeting, emphasising that policy needs to be linked up more giving an example of children cycling more to school because of the ULEZ in London.
- GB responded to say that Healthy Air Scotland exists to bring different policy areas, listing some of the members of the coalition and asked if any members of the CPG would like to join.
- EH thanked GB again and moved on to the next agenda item.

Respiratory Care Action Plan Update

- Dr Tom Fardon (TF) started to say this was more of an update from the Respiratory Specialist Delivery Group (SDG), part of the Centre for Sustainable Delivery (CfSD), rather than a Respiratory Care Action Plan (RCAP) update.

- TF said the RCAP is the template for what the SDG until 2025 and informs what they do and how they go about it, along with Adam Hill who chairs the Scottish Respiratory Advisory Committee.
- In SDG, there are a number of sub-groups that are targeted towards that 5 main themes of RCAP. TF outlined these and some of the work they are doing.
- The Sleep Group chaired by Dr Will Anderson is the longest group with great work done on pathways, waiting list times and treatment such as CPAP machines.
- The Asthma Group, chaired by TF as it is his specialist area, is now meeting on severe asthma with multi-disciplinary representation from all health boards.
- TF said asthma is interesting area just now with the new asthma guidelines due from SIGN/BTS/NICE with these published in November and will be the biggest change in asthma treatment for years, impacting anybody involved in the care of people with asthma, including children, first aiders and more.
- TF discussed biologics in asthma care, explaining that things are better in Scotland for severe asthma than other parts of the UK now there is better pathway and focus.
- The COPD Group is chaired by Dr Gourab Choudhury, taking on the work from the ACT on COPD work, which was published in 2023 looking at what was missing in COPD care. The focus on this group is spirometry, pulmonary rehabilitation, and multi-disciplinary approaches to COPD care.
- TF updated that biologics will be available for COPD care in the near future.
- The Interstitial Lung Disease (ILD) Group has been prioritising what the pathway is from primary care and to reduce the variation of access of anti-fibrotic medicine.
- The Chronic Cough Group has developed a pathway, met a few weeks prior and working on a multi-disciplinary approach.
- The Advanced Physiotherapy Practitioner Group is working on definition of advanced physiotherapy and a training programme for the management of dysfunctional breathing, which is a hugely important diagnosis often missed. People with asthma and COPD often have dysfunctional breathing as well. TF said that nowhere else in the world has a programme like this and replicating it across the UK.
- TF asked for questions before handing back to EH.
- EH thanked TF and said she was amazed at how busy he is, adding that they are making great headway.
- Lisa Murray (LM) asked about including lived experience in the pathways.
- TF replied to said that it is important but not always easy to achieve, exemplifying chronic cough which has no patient advocacy group advancing it.
- TF said there are plans for October and November for patient meetings for severe asthma and COPD, with support from Asthma + Lung UK Scotland.
- LM responded to TF to say that Action for Pulmonary Fibrosis would be happy to get involved in the pathway work and agreed to contact each other.
- JC shared the link to the patient meeting for those to register and explained what the pathway is trying to achieve in terms of demographics.
- JC also updated on a briefing he received from the Scottish Government that the work around CfSD and the respiratory audit will be funded in light to expected cuts to the Scottish budget.
- EH asked about people in Scotland with lung conditions where English is not their first language, asking TF is there a plan to get information in other languages.
- TF replied to say that would be ideal but some way off it just now but recognised that the charity sector and some health boards already take the lead on this.
- TF added that there will be a lot of confusion for people who don't speak English as their primary language in November when the new asthma guidelines are published. TF then explained what is expected in the new guidelines. (Watch from 1:02:00 to hear directly <https://www.facebook.com/asthmalungscot/videos/1333106681431580>)

Co-creation of a CPD Toolkit on Self-Management of Respiratory Health Issues in People with Learning Disabilities

- EH introduced Dr Lisa O’Leary (LO) from Edinburgh’s Napier University to present on Co-creation of a CPD Toolkit on Self-Management of Respiratory Health Issues in People with Learning Disabilities.
- LO presented (*slides available on request*) on the project.
- LO started by explaining the importance of the project on people with learning disabilities, detailing the evidence of hospitalisation and death from respiratory conditions for people with learning disabilities.
- LO outlined that the 12-month study wants to achieve, how it will recruit and engage with the public, attending nursing events and disability charity events.
- LO discussed the first phase of the project, which ran from April to June 2024, focussing on what nursing programmes discuss respiratory skills and knowledge specific to learning disabilities, and showed preliminary findings of the survey.
- LO talked about a pilot of workshops for nursing students, people with learning disabilities and carers, and professionals of various types and settings (physiotherapists/pharmacists).
- Further analysis of phase 1 was still to be completed, with LO explaining some of the initial trends and priorities, such as knowledge and understanding of basic respiratory health, specific to learning disability, knowledge of roles and expertise of carers and professionals, and training on sharing of information and use of new apps and other innovative approaches.
- LO spoke about the priorities for developing skills and competencies nurses need for the management of respiratory health of people with a learning disability.
- Phase 2 started in July, with a student survey about their confidence of managing the respiratory health of people with learning disabilities and their carers, with the final phase being a co-design workshop with participants from the first two phases.
- The plan with workshop is to develop what the toolkit will look like.
- LO thanked the CPG for the opportunity to speak and offered to take on any questions.
- EH thanked LO and stressed how important this is for the CPG to hear, and asked for questions after asking LO what the timescales are for final information and the plan for future.
- LO replied to say that the final phase will begin in early 2025, either January or February, and once the toolkit is co-designed to support nurses, people with learning disabilities and carers, the project will be reported to funders in April with the hope of securing new funding. However, emphasised she needs to wait to see what the toolkit looks like and further analysis of phase 1 and 2 is undertaken.
- EH thanked LO, with LO offering to share her email and the slides.

AOCB

- EH thanked everyone for attending and the speakers for their time to present.
- GB raised a point for AOCB:
 - GB spoke about the consultation for the Scottish Health Survey, expressing his delight that questions on asthma, COPD and respiratory will remain in the

survey but that ALUK Scotland has been successful in securing new questions on sleep apnoea.

- Before closing, GB suggested the next meeting is Friday 29 November, but moving the time to 12-1.30pm following requests from clinicians to meet at a later time.

End of Meeting