

# RESPIRATORY HEALTH



Chronic respiratory conditions affect the airways, including the lungs and the passages that transfer air from the mouth and nose into the lungs. These conditions are characterised by symptoms such as wheezing, shortness of breath, chest tightness and cough.

Risk factors associated with chronic respiratory conditions can be behavioural, environmental or genetic. Risk factors that cannot be changed include age and genetic predisposition. Risk factors that can be changed include smoking; exposure to environmental fumes, carbon-based cooking and heating fuels; occupational hazards; poor nutrition; overweight/obesity and sedentary lifestyle. - AIHW 2023.

Chronic respiratory disease rates in the Murray PHN region are not very different to the Victorian or Australian rates, but avoidable deaths from respiratory disease are concerning with 15 of 22 local government areas (LGAs) having rates at least 25 per cent higher, and in Buloke LGA, almost three times the state average of 8.5 people per 100,000.

Adult asthma diagnosed by GPs is reported as being 20 per cent but is between 25 and 30 per cent in eight of 22 LGAs. The only LGA where it is a less common diagnosis is Mount Alexander LGA. - Murray Health Report: health in our region (October 2021).

<p><b>Change Idea templates</b></p>	<p>Change Idea templates help to identify focus areas for quality improvement activities using practice data. Your Quality Improvement Consultant can assist in identifying change ideas for your practice.</p>	<ul style="list-style-type: none"> <li>• <u>Asthma</u></li> <li>• <u>Smoking cessation</u></li> </ul>
<p><b>PDSAs – Quality improvement</b></p>	<p>Plan-Do-Study-Act cycles provide a framework to help develop, manage, and test quality improvement activities. Please contact your Quality Improvement Consultant for assistance with identifying change ideas for your practice.</p>	<ul style="list-style-type: none"> <li>• <u>Increasing smoking status</u></li> <li>• <u>Embed smoking cessation conversations into routine care</u></li> </ul>
<p><b>Murray HealthPathways</b></p>	<p>Murray HealthPathways aims to guide best-practice assessment and management of common medical conditions, including when and where to refer patients, with guidance on what information is needed</p>	<ul style="list-style-type: none"> <li>• <u>Respiratory</u></li> </ul>

<b>PENCS - CAT4 Recipes</b>	CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question.	<ul style="list-style-type: none"> <li>• <u>Patients with respiratory conditions and no smoking status recorded</u></li> <li>• <u>Cancer Council Victoria - Smoking Cessation Clinical Audit</u></li> <li>• <u>Increase adult smoking and alcohol status for patients with type II diabetes recorded in clinical software to 75%</u></li> <li>• <u>QIM 2 – Smoking Status</u></li> <li>• <u>QIM 6 – Influenza immunisation for patients with COPD</u></li> </ul>
<b>PHN Exchange</b>	<u>PHN Exchange</u> provides a visual analysis for general practice specific data analytics. These are benchmarked against all Murray PHN data sharing practices. See how your practice is tracking:	<b>PIP QI</b> <ul style="list-style-type: none"> <li>• QIM02a Smoking • QIM02b-1 Smoking – Current Smoker • QIM02b-2 Smoking – Ex Smoker</li> <li>• QIM02b-3 Smoking – Never</li> <li>• QIM06 Influenza – COPD Respiratory Trend –</li> <li>• Active Asthma &amp; COPD patients with smoking status</li> <li>• Active Asthma &amp; COPD patients with GP Management Plans</li> <li>• Active Asthma &amp; COPD patients with Team Care Arrangements</li> <li>• Active Asthma patients with an Asthma Cycle of Care recorded</li> <li>• Active Asthma &amp; COPD Patients with spirometry FEV1/FVC recorded</li> <li>• Active Asthma &amp; COPD Patients with spirometry MBS recorded (11506)</li> </ul> <b>Disease Prevalence</b>
<b>Respiratory Health eLearning</b>	<ul style="list-style-type: none"> <li>• <u>Lung Learning Hub</u></li> <li>• <u>Lung Foundation Webinars</u></li> </ul>	
<b>Respiratory Health eLearning</b>	<ul style="list-style-type: none"> <li>• <u>Lung Foundation Resources</u></li> <li>• <u>Asthma Australia</u></li> <li>• <u>Mould and your health</u></li> <li>• <u>Leaders in Lung Health</u></li> <li>• <u>National Asthma Council Australia</u></li> </ul>	
<b>Aboriginal and Torres Strait Islander resources</b>	<ul style="list-style-type: none"> <li>• <u>CRE Lung Health</u></li> </ul>	
<b>Health promotion</b>	<ul style="list-style-type: none"> <li>• <u>Lung Health Awareness Month</u> – May</li> <li>• <u>National Asthma Week</u> - September</li> </ul>	

For further information or support please contact your local [Quality Improvement Consultant](#), email: [gpsupport@murrayphn.org.au](mailto:gpsupport@murrayphn.org.au) or visit the general practice support page on our [website](#).