

Workshop: MND Respiratory programme

09:00 *Registration and coffee*

09:15 – 9:20 **Introduction to the day** – aims and objectives

09:20 – 10:00 **Respiratory deterioration in MND**

In this session you will have a refresher about respiratory muscle weakness and the changes that are occurring for the person living with MND. The likely onset of symptoms and the monitoring of them will be covered, as will the impact that this has on other symptoms of MND such as swallowing difficulties and communication, and important consideration for the wider MDT.

To cover:

- Overview of respiratory muscles / weakness / reasons for failure
- Signs and symptoms
- Serial monitoring
- When to refer for specialist respiratory assessment

10:00 – 11:00 **Respiratory assessment – including sleep studies**

In this session you will be introduced to the commonly used assessments and tests used to diagnose respiratory muscle weakness in people living with MND as outlined in the NICE Guideline for MND including MIP, MEP, SNIP, FVC and relevant overnight monitoring. There will be practical demonstrations of some of the assessments.

To cover:

- What will referral for specialist respiratory assessment involve
- What objective measures are frequently used

11:00 – 11:15 *Comfort break*

11:15 – 12:00 **NIV theory**

In this session you will learn why NIV is often used in the treatment of respiratory failure in MND. How it works will be described, and how it is tolerated by exploring issues commonly experienced by people living with MND.

To cover:

- Introduction to NIV as a therapy
- What are the objectives of this treatment
- What can the patient expect
- How does NIV improve symptoms
- Evidence

- 12:00 – 1:00 **NIV practical**
You will be led through an explanation of the various types of interfaces (mask /tracheostomy) which might be used with people living with MND, and the modes and settings on equipment to optimise therapy whilst ensuring the best patient experience of NIV.
- To cover:
- Overview of different ventilators
 - Modes and settings
 - Interfaces
 - Tracheostomy (brief)
- 1:00 – 1:30 *Lunch*
- 1:30 – 2:00 **Pharmacological management of secretions**
You will explore the different drugs available to help with the management of excess saliva and tenacious respiratory secretions.
- To cover:
- Why are secretions an issue (impaired cough / swallow etc)
 - Assessment of respiratory secretions
 - Use of medication to manage respiratory secretions (mucolytics, anticholinergics, Botox)
- 2:00 – 2:30 **Cough augmentation**
This session will introduce the theory behind cough augmentation, and objectives for using it and the circumstances in which it is useful to support secretion management.
- To cover:
- Assessment of cough
 - Mechanical options (cough assist / LVR bag etc)
- 2:30 – 2:40 Comfort break
- 2:40 – 3:10 **Cough augmentation – practical**
You will be led through equipment which might be used with people living with MND to assist with cough augmentation.
- 3:10 – 3:50 **Case studies and panel discussions**
- Value of continued reassessment over time
 - Review of patient needs and wishes
 - Withdrawal of mechanical ventilation
- 3:50 – 4:00 **Evaluations and close**