

# Respiratory Health Summary

## The role of the GP in respiratory health

Respiratory diseases are among the most common long-term conditions affecting patients in the UK. As a GP, your role is to:

- Recognise that the identification, assessment, diagnosis and treatment of most acute and chronic respiratory diseases are a primary care issue
- Consider how respiratory disease affects patients of all ages. It also brings specific challenges in the diagnosis and treatment of various groups including children, some occupational and ethnic groups, those with social and mental health challenges, and those nearing the end of their life
- Be aware of your role as a GP in promoting smoking cessation and offering treatment.

## Key Areas for Exam preparation

### Common and important conditions

- Asthma: acute and chronic in children and adults
- Asthma-COPD overlap
- Bronchiectasis
- Chronic obstructive pulmonary disease
- Connective tissue diseases affecting the lung, such as rheumatoid arthritis, SLE and sarcoidosis
- Cough including haemoptysis, and non-respiratory causes such as GORD
- Cystic fibrosis
- Emphysema including  $\alpha$ 1-antitrypsin deficiency
- Immunosuppression affecting the respiratory system including opportunistic infections such as TB, fungal and parasitic Lower respiratory tract infections (e.g. bronchiolitis, bronchitis, pertussis and pneumonia (of any cause), atypical pneumonias including Legionnaire's disease and tuberculosis), sepsis
- Lower respiratory tract infections
- Lung fibrosis and associated causes including adverse drug reactions
- Occupational respiratory diseases such as the pneumoconioses, asthma, extrinsic allergic alveolitis and asbestos related disease
- Pleural effusion causes including infection, connective tissue diseases and malignancies
- Pneumothorax including simple and tension
- Pulmonary embolism
- Respiratory failure and methods of ventilation such as CPAP for sleep apnoea
- Respiratory malignancies, including laryngeal, bronchial and pleural such as mesothelioma. Primary and secondary lung malignancies, and related para-neoplastic syndromes
- Stridor and hoarseness: differential diagnosis including assessment of urgency for investigation and management
- Upper respiratory tract infections including tonsillitis, peri-tonsillar abscess, epiglottitis, laryngitis, pharyngitis and tracheitis.

## Suggested Resources

### General Information

- <https://www.bsaci.org>
- <https://www.brit-thoracic.org.uk/guidelines-and-quality-standards/asthma-guideline>
- <https://www.brit-thoracic.org.uk/guidelines-and-quality-standards/emergency-oxygen-use-in-adult-patients-guideline>

### Asthma Adult

- <https://www.evidence.nhs.uk/search?q=Asthma+adult>
- <https://www.gov.ie/en/collection/6a15da-management-of-an-acute-asthma-attack-in-adults-aged-16-years-and-old/>

### Asthma Child

- <https://www.evidence.nhs.uk/search?q=Asthma+child>
- <https://www.guidelines.co.uk/respiratory/sign-and-bts-management-of-asthma-in-children-guideline/454880.article>

### Asthma COPD overlap

- <https://www.evidence.nhs.uk/search?q=asthma+COPD+overlap>

### Bronchietastis

- <https://www.evidence.nhs.uk/search?q=bronchietastis>

### COPD

- <https://www.evidence.nhs.uk/search?q=COPD>

### Connective tissue affecting Lung

- <https://www.evidence.nhs.uk/search?q=Lung+and+connective+tissue+disease>
- <https://patient.info/doctor/rheumatoid-arthritis-and-the-lung>

### Cough

- <https://www.evidence.nhs.uk/search?q=cough>

### Cystic fibrosis

- <https://www.evidence.nhs.uk/search?q=cystic+fibrosis>

### Emphysema

- <https://www.evidence.nhs.uk/search?q=emphysema>

### Immunosuppression

- <https://www.evidence.nhs.uk/search?q=immunosuppression+and+lung>
- <https://www.evidence.nhs.uk/search?q=respiratory%20disease%20and%20immunosuppression>

### LRTI

- <https://www.evidence.nhs.uk/search?q=LRTI>
- <https://www.evidence.nhs.uk/search?q=TB>
- <https://www.evidence.nhs.uk/search?q=fungal+lung+infection>
- <https://www.evidence.nhs.uk/search?q=broncholitis>
- <https://www.evidence.nhs.uk/search?q=petussus>
- <https://www.evidence.nhs.uk/search?q=bronchitis>
- <https://www.evidence.nhs.uk/search?q=pneumonia>
- <https://www.evidence.nhs.uk/search?q=Legionnaires%27+Disease>
- <https://www.evidence.nhs.uk/search?q=sepsis>

## **Lung Fibrosis**

- <https://www.evidence.nhs.uk/search?q=Pulmonary%20fibrosis>
- <https://www.evidence.nhs.uk/search?q=lung+fibrosis>

## **Occupation respiratory diseases**

- <https://www.evidence.nhs.uk/search?q=occupational+lung+disease>
- <https://www.evidence.nhs.uk/search?q=extrinsic+alveolitis>
- <https://www.evidence.nhs.uk/search?q=asbestosis>

## **Pleural effusion**

- <https://www.evidence.nhs.uk/search?q=pleural+effusions>
- <https://www.evidence.nhs.uk/search?q=pleural+effusion+infection>
- <https://www.evidence.nhs.uk/search?q=pleural+effusion+cancer>
- <https://www.evidence.nhs.uk/search?q=pneumoconiosis>

## **Pneumothorax**

- <https://www.evidence.nhs.uk/search?q=pneumothorax>
- <https://www.evidence.nhs.uk/search?q=tension+pneumothorax>

## **PE**

- <https://www.evidence.nhs.uk/search?q=pulmonary+embolism>

## **Respiratory failure**

- <https://www.evidence.nhs.uk/search?q=respiratory+failure>
- <https://www.evidence.nhs.uk/search?q=asthma+respiratory+failure>
- <https://www.evidence.nhs.uk/search?q=COPD+respiratory+failure>

## **Respiratory Malignancies**

- <https://www.evidence.nhs.uk/search?q=LUNG+CANCER>
- <https://www.evidence.nhs.uk/search?q=RESPIRATORY+MALIGNANCY>
- <https://www.evidence.nhs.uk/search?q=mesothelioma>
- <https://www.evidence.nhs.uk/search?q=laryngeal+cancer>
- <https://www.evidence.nhs.uk/search?q=bronchial+cancer>
- <https://www.evidence.nhs.uk/search?q=pleural+cancer>
- <https://www.evidence.nhs.uk/search?q=primary+lung+cancer>
- <https://www.evidence.nhs.uk/search?q=neoplastic%20lung%20disease>

## **Stridor / hoarseness**

- <https://www.evidence.nhs.uk/search?q=STRIDOR>
- <https://www.evidence.nhs.uk/search?q=hoarseness>

## **Upper Respiratory Tract Infections**

- <https://www.evidence.nhs.uk/search?q=Upper+respiratory+tract+infections>
- <https://www.evidence.nhs.uk/search?q=tonsillitis>
- <https://www.evidence.nhs.uk/search?q=peri+tonsillar+abscess>
- <https://www.evidence.nhs.uk/search?q=epiglottitis>
- <https://www.evidence.nhs.uk/search?q=laryngitis>
- <https://www.evidence.nhs.uk/search?q=pharyngitis>
- <https://www.evidence.nhs.uk/search?q=tracheitis>