

Interstitial lung disease service

Patient information sheet

The interstitial lung disease (ILD) service looks after people with a variety of lung diseases including:

- Idiopathic pulmonary fibrosis (IPF)
- Sarcoidosis
- Hypersensitivity pneumonitis (e.g. bird fancier's lung, farmer's lung)
- Non specific interstitial pneumonitis (NSIP)
- Lung fibrosis or inflammation caused by medications, chemotherapy or radiation
- Lung fibrosis or inflammation related to rheumatological diseases (including systemic sclerosis, Rheumatoid Arthritis, systemic lupus erythematosus, Sjögren's syndrome)
- Smoking induced ILD
- Eosinophilic pneumonia

Following referral to the ILD service patients maybe invited to attend the day ward for investigations which may include a CT scan, lung function tests, a six-minute walk test, echocardiogram, blood tests and a bronchoscopy to assess their lung disease. In addition, some patients may require a surgical lung biopsy.

Individual cases are discussed at the ILD multi-disciplinary team (MDT) meeting, which includes the respiratory physicians, specialist nurse, pathologists and radiologists, to formulate an appropriate management plan. This will be discussed with the patient when they next attend the outpatient clinic.

ILDs vary with respect to the severity of symptoms and prognosis. A proportion of patients do not need immediate treatment;

they require careful monitoring of disease activity with lung function and six-minute walk tests. However, patients with more severe or progressive disease may be treated with anti-fibrotic therapies or immunosuppressive medications.

These treatments require frequent monitoring with lung function and blood tests.

We are also involved with a number of clinical trials for which patients may be suitable.

The ILD service is supported by physiotherapists and the palliative and supportive care team. Some people will benefit from the pulmonary rehabilitation exercise programme and others from oxygen therapy.

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Large print copies and alternative language versions of this leaflet can be made available on request.

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All treatment plans will be carefully discussed with patients and their carers at the clinic, however a team member can be contacted at other times by phone or email as detailed opposite.

Further information

royalpapworth.nhs.uk/our-services/respiratory-services/ild

brit-thoracic.org.uk

pulmonaryfibrosis.org.uk

actionpulmonaryfibrosis.org

asthmaandlung.org.uk

Specialist nurse helpline number for clinical queries

Messages can be left and will be answered within two working days Monday to Friday between 09:00-17:00

Tel: 01223 638018

ILD secretaries

For general queries please contact our secretaries here:

papworth.ildsecretaries@nhs.net

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