

# Interstitial Lung Disease Service

A patient's guide

The Interstitial Lung Disease Service (ILD) 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, SLE, Sjögren's Syndrome)
- Smoking induced ILD
- Eosinophilic Pneumonia

Following referral to the ILD service patients maybe invited to attend the Thoracic Day Ward for investigations which include a CT scan, lung function tests, 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, Thoracic Surgeons 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 are treated with immunosuppressive drugs.

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.

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, bleep or email as detailed opposite.

### **Team Members**

Consultants  
Dr Helen Parfrey  
Dr Nicky Simler

### **Specialist Nurse**

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### **Secretaries**

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### **Further Information**

[www.papworthhospital.nhs.  
uk/ild](http://www.papworthhospital.nhs.uk/ild)  
[www.lunguk.org](http://www.lunguk.org)  
[www.brit-thoracic.org.uk](http://www.brit-thoracic.org.uk)  
[www.pulmonaryfibrosis.org.uk](http://www.pulmonaryfibrosis.org.uk)

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