

Pulmonary Rehabilitation



Breathe Better
Move Better
Feel Better

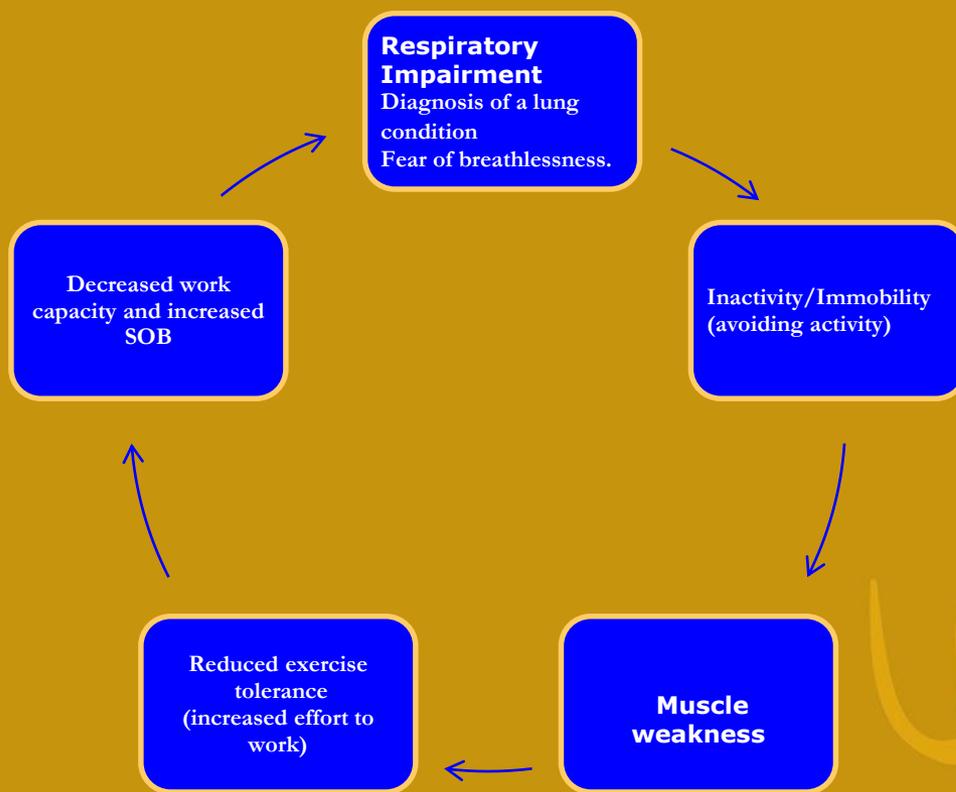


What is Pulmonary Rehabilitation?

“...a multidisciplinary programme of care for patients with chronic respiratory impairment that is individually tailored and designed to optimise each patient’s physical and social performance and autonomy.”



Why Pulmonary Rehabilitation ?



Benefits of Pulmonary Rehabilitation

- Increase exercise tolerance
- Increase muscle strength and endurance
- Reduce dyspnoea and perception of breathlessness
- Reverse deconditioning
- Increase knowledge of lung condition and management of the disease
- Promote self-management and coping strategies
- Improve health-related quality of life
- Improve confidence in ability to exercise
- Increase independence in daily functioning
- Promote long-term commitment to exercise

Who is it for?

- All lung conditions & disease severities
- ...where SYMPTOMS AND DISABILITY are present (usually MRC grade 3) – ‘walks slower than most people on the level’
- Contra-indicated if recent MI/ unstable Angina



Course Content and Duration

- Twice a week for 6 weeks
- Pre and Post assessments
- Upper and Lower limb exercises
- Optimise your medications
- Educational support
- Psychological support
- Programme evaluation



Patient Safety

Staff patient ratio

- Exercise 1:8
- Education 1:16

Staff trained in
Basic life support

Ambulatory Oxygen



Exercise Training: Which muscle groups?

- Lower limb training improves exercise tolerance though no effect on measured lung function / breathing tests
- Upper limb training improves arm strength and reduces demand for oxygen
- DOESN'T HAVE TO BE HI TECH



Education Programme

- Conditions overview
- Breathing control, pacing and relaxation
- Exercise/activity
- Medication, inhaler devices and Oxygen therapy
- Managing exacerbations
- Sputum clearance
- OT equipment
- Benefits agency
- Advanced Care Planning
- Diet
- Anxiety & depression



Psychological components

- COPD is associated with anxiety and depressive symptoms which may interfere with activities of daily living (ADL's)
- Expert opinion supports the use of educational and psychological interventions in pulmonary rehab programmes
- Typical goals: address depression/anxiety, teach relaxation skills, coping strategies.



Pulmonary Rehabilitation Venues

- South West Acute Hospital, Enniskillen
- Trinity Hall, Lisnaskea
- Omagh Hospital (OHPCC) Riversdale Leisure Centre, Strabane
- Derg Valley Leisure centre, Castlederg
- Old Library Trust, Creggan
- Ebrington Square
- Presbyterian Church Hall Ballykelly

Breathing Made Easy



Patient Feedback

- I really enjoyed this programme knowing that not only myself has a lung condition and the exercises really helped me as I wasn't really mobile and was sitting about until I went to this programme. Now I have more confidence in myself. OHPCC
- A 'must' for anyone with a respiratory condition I have a major improvement in my energy levels and I am now walking to the shops and into town and getting out more. SWAH



Client Comment

When I first was notified about the Pulmonary Rehab course, I was very apprehensive regarding my ability to take part in the exercises. As it turned out my anxiety was put to rest by the facilitators of the course. They were empathetic and positively reassuring and tailored an exercise plan to meet my needs - and giving me praise for my efforts achieved, taught me to build on my strengths and to look at my weaknesses in a positive way, and also taught me how to use breathing techniques in a much better way. The other members of our group and I interacted well and we gelled as a group, discussing our individual needs.

The guest speakers were also excellent in their chosen field of expertise. I would definitely sign up for another course at a later date. If practical, a six-monthly refresher course should be offered to us.

I will keep up with the exercises and breathing techniques.” - Strabane



How do I get referred ?

- Speak to your:
- Gp or Practice Nurse
- Any member of the Respiratory Team
- Pulmonary Rehabilitation Service phone number
- Altnagelvin 028 71345171 ext 213581
- Southwest Acute Hospital 028 66382263



Summary - Benefits of Pulmonary Rehabilitation

- Improved exercise capacity (Evidence A)
- Improved health-related quality of life (Evidence A)
- Reduces perceived intensity of breathlessness (Evidence A)
- Reduced hospitalisations and length of stay (Evidence A)
- Reduced anxiety and depression associated with COPD (Evidence A)
- Benefits probably extend well beyond the period of rehab, especially if exercise training is maintained at home. (Evidence B)

Questions??



Western Health
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