

What is Pulmonary Rehabilitation

Pulmonary rehab is an outpatient-based programme which aims to improve the function of people with long term respiratory disease, particularly COPD. The programme is provided by a multidisciplinary team of health care professionals in a hospital or community setting. Participants are asked to attend twice a week for six weeks for exercises and education about COPD. A commitment to additional exercise at home is an essential part of the programme.

Inclusion Criteria

- Patients with chronic progressive lung conditions mainly COPD.
- All patients must have a clear diagnosis, a record of recent quality-assured diagnostic spirometry (within the last 12 months) and their MRC score at time of referral.
- Patients with MRC grade 3 or 4. (Walks slower than people of the same age on the level because of breathlessness or has to stop for breath when walking at own pace.) Patients with an MRC score of 2 or 5 can be looked at on an individual basis if required
- Optimised medical and pharmacological management
- The patient must be able to commit to the whole programme

Exclusion Criteria

- Significant unstable cardiac or other disease that would make pulmonary rehabilitation exercise unsafe or prevent programme participation.
- People who are unable to walk or whose ability to walk safely and independently is significantly impaired due to non-respiratory related conditions. This should not exclude patients who have general musculoskeletal problems where exercise is recommended.
- People unable to participate in a group environment or for whom group sessions are not suitable
- Patients not registered with a Shropshire or Telford CCG GP

Programme Details

Over a 6 week period patients will be invited to one 2 hour session including exercise and education and a 1 hour session for exercise only every week. Exercises will be individually tailored. The educational components include:

- What is COPD
- Breathing control and sputum management
- Medication
- Energy management and pacing
- Diet and nutrition
- British Lung Foundation DVD

Programmes will be delivered in the following locations: Shrewsbury, Ludlow, Oswestry, Bridgnorth, Whitchurch, Market Drayton and Telford.

All patients will be offered an assessment for the programme at either Shrewsbury or Telford within 10 weeks of referral. If there is not sufficient demand to run a programme within their area they will be offered an alternative location. If the patient declines this offer they may have a longer waiting time.

Referrals will be accepted via RAS or via email shropcom.pulmonaryrehab@nhs.net using the pulmonary rehab referral template. Please ensure the form is fully completed.

If you require any further information Please contact 01743 730036.