

Pulmonary rehabilitation is a multidisciplinary programme of exercise and education that should:-

Improve functional exercise capacity  
Improve health status  
Reduce dyspnoea  
Health economic advantage

### **Inclusion Criteria**

- Diagnosis of Chronic lung condition
- Respiratory patients who consider themselves to be functionally limited by breathlessness or by fatigue/ or MRC of 3 or above.
- Motivated to participate
- On optimum drug therapy
- Clinically Stable

### **Exclusion Criteria**

- Previous pulmonary rehabilitation programme within 2 years
- Psychiatric, cognitive or locomotor problems that would prevent participation in exercise or in a group setting
- Unstable angina, acute LVF, uncontrolled hypertension, recent significant cardiac event or surgery
- Receiving treatment for Lung cancer
- Significant aortic stenosis or aortic aneurysm
- Severe Pulmonary hypertension (dizziness/ syncope on exertion)

### **The Following Do Not Exclude Rehabilitation**

- Transport problems – this can be discussed at the initial assessment visit
- Age
- Hypoxia or oxygen dependence
- Continued smoking

### **Referral Guidance**

- All patients should be referred using the enclosed referral forms
- All referral forms should be sent to **Claire Hope Pulmonary Rehabilitation Team, D&GRI, Banked Road, Dumfries**
- Patients will receive an invitation for assessment/ informal information session.
- Patients failing to respond/ attend will be discharged

### **Programme Structure Assessment**

The patient assessment will take approximately one hour and will include the following:-

- Full medical and social history
- Smoking history, including readiness to quit
- Walking tests (ISWT or 6 minute walk test)

- Breathing control score at rest and post exercise
- Resting and exercise goniometry
- Questionnaire – CAT Scores
- Functional goal setting (agreed with the patient)
- Smoking advice and referral as consent provided
- BMI measurement and referral as consent given
- Referral to Occupational Therapy if specific difficulties highlighted

### **Local Class Venues**

Patients will be offered a class at a local venue which will run weekly for 6 weeks. The exercise component of the class will be supervised by the Pulmonary Rehabilitation Team, which will include Physiotherapists, Nurses, Respiratory Doctor and Physiotherapy Support Workers. The education component will have a multidisciplinary input.

**Exercise:** Gym based  
 Warm up and stretches  
 Aerobic and strengthening circuit exercises  
 Breathing control  
 Cool down  
 Adapted Ti Chi  
 Relaxation

**Education:** Disease process: Symptoms, what is COPD/Asthma/IPF, how does it develop, what can be done to improve quality of life.  
 Self management of exacerbations: when antibiotics and steroids are indicated, recognising an exacerbation.  
 Breathing control  
 Benefits of exercise  
 Relaxation  
 Pacing and Energy conservation  
 Nutritional advice and appropriate referrals made  
 Airway clearance physiotherapy  
 Respiratory medications and interventions explained  
 Inhaler therapy, technique, nebulised therapy, oxygen  
 Smoking cessation where appropriate  
 Follow on exercise. Breathe easy information (social group).

**Class Venues:** Cluden- Crichton Royal Hospital, Dumfries, Annan Newington Sports Centre, Castle Douglas Community Centre, Sanquhar Health Centre, Newton Stewart Hospital and Galloway community hospital.

The use of Telecommunications may be used to deliver specialist education at some sites.

### **Re-assessment**

The patient's re-assessment will include the following:-

- 6 minute walk/ Incremental Shuttle Walk Test/
- Chronic Respiratory Questionnaire/ COPD Assessment tool

- Review of smoking status, if appropriate
- Discussion re: maintenance options/ follow on exercise
- Review of pre-set functional goals will be discussed with patient. At this time appropriate advice for future goals and management will also be given.

### **Discharge**

A discharge report will be sent to the referring doctor. In the case of a consultant referral, a copy of the discharge report will also be sent to the GP.

### **Maintenance**

Peer exercise groups (CHSS) are available in most locations. Referrals to local authority gyms can be made as required. Further information is provided for patients on completion of pulmonary rehabilitation.

**Please complete a referral form and sent to:-  
Pulmonary Rehabilitation Team, Dumfries & Galloway Royal Infirmary, Bankend  
Road, Dumfries DG1 4AP.**

Email [Claire.hope@nhs.net](mailto:Claire.hope@nhs.net) 01387 241699 Direct number