

Innovative Strategies to Optimize the Demand on Pulmonary Rehabilitation Service

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National Context (HSE) All COPD patients should be offered effective/timely/accessible **MDT** pulmonary rehabilitation

Purpose Of Service Individualized **Multidisciplinary Programme** to improve functional status and foster self-efficacy

Scope of Pulmonary Rehabilitation

Local Context Manage demand > Waiting times > Target appropriate people(needy)



Quality & Innovation



Local PR Protocols

HIGH	MEDIUM	LOW
 Severe to very severe airflow obstruction/Diffusion capacity >= 4 chest infections per year MRCD=4 Poor Exercises Capacity (able to walk <= 200 m) /Physical activity (increased sitting >4hrs per day) High BMI >= 30 Low BMI <= 18 Rehabilitation for ventilated patients in HDU New or acute patients on NIPPV Review for sleep studies and oxygen therapy Post operative Rehab 	 Moderate airflow obstruction/Diffusion capacity > =3 chest infection per year MRCD=3 Moderate Exercise Capacity(able to walk >=250 m) /Physical activity (sitting <3 hrs per day) High BMI>= 25 Low BMI<=20 Rehabilitation in HDU or following HDU stay Respiratory outpatients Rehab support for secretion clearance with adjuncts. Patients needing assessment prior to discharge Pre-operative Rehab 	 Mild airflow obstruction/Diffusion capacity or no definitive diagnosis >=2 Chest infection per year MRCD>=2 Normal BMI Good exercise capacity (able to walk >=400m) / Physical activity(sitting <2hrs day) Re-education on secretion clearance. Maintenance Exercise. Referrals with insufficient information regarding patient clinical conditions.

If a patient lives >30km distance from Rehab centre / lack of transport /clinically unstable would qualify för inpatient pulmonary Rehabilitation for 2-3 weeks.

Content of PR

Supervised Exercise Training Duration: 8weeks Dosage: 30 mins× 3 Sessions/ week Format of delivery: Non-Linear periodized training. **Components of Training: Aerobic/Strength/Flexibility/Breathing** train

Education **Duration:8 weeks Dosage: 60 mins×2 Session/week** Format of delivery: Didactic method (Presentations) **Topics: COPD and IPF Role of pulmonary rehabilitation Role of oxygen in exercise training Effective use of inhalers and nebulizer** Importance of healthy diet **Methods of energy conservation Outline on palliative care**

PR Service Delivery in 2014

