



Ms Karen Willsman

Community Respiratory Nurse
Canterbury Integrated Respiratory Service

Friday, August 12, 2016

(Plenary)

17:10 - 17:30 Pulmonary Rehab

Community Pulmonary Rehabilitation

Better Breathing Canterbury



Karen Willsman
Community Respiratory Nurse

Session Outline

- Pulmonary Rehabilitation (PR)
 - What is it?
 - Understanding the benefits
 - Who should attend?
 - Understanding non attendance
 - General practice's role in PR

Live Poll

- How many people have you referred to PR in the last 12 months?

A None

B 1-5

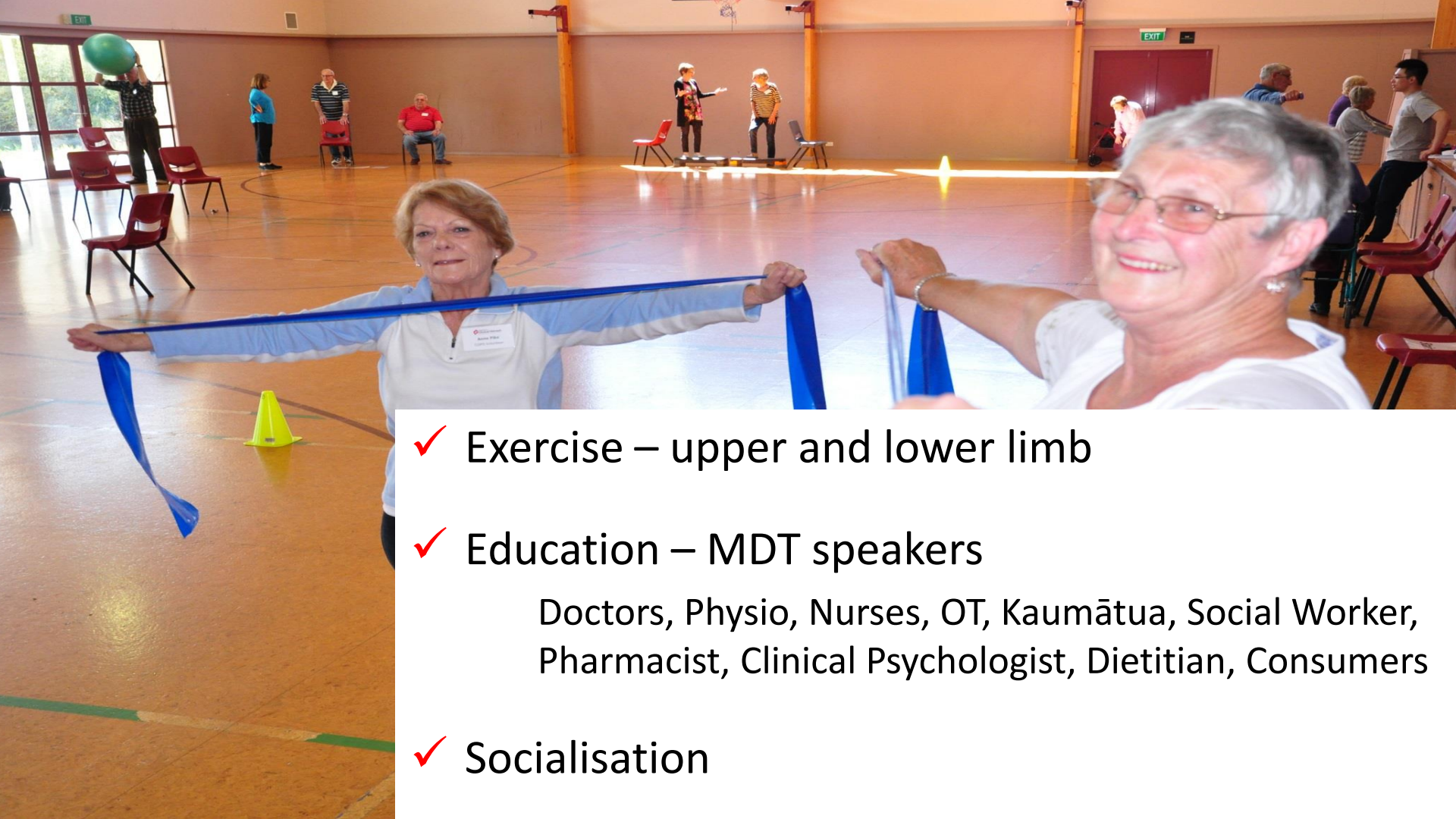
C 6-10

D 11-15

E 16+



- ✓ Community programme for people with chronic respiratory disease
- ✓ Led by physios and nurses
- ✓ 2 hour session, 2x weekly for 8 weeks
- ✓ Assessments pre and post the programme



✓ Exercise – upper and lower limb

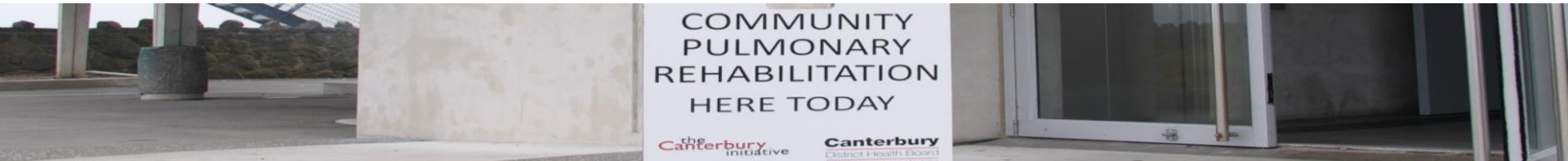
✓ Education – MDT speakers

Doctors, Physio, Nurses, OT, Kaumātua, Social Worker,
Pharmacist, Clinical Psychologist, Dietitian, Consumers

✓ Socialisation

Benefits: International Evidence

- Improves HRQoL, dyspnoea, fatigue and exercise tolerance
- Significant supporting evidence
 - Cochrane Review (2015) says no more evidence needed!
 - Global Initiative for Chronic Obstructive Lung Disease (GOLD) list PR as an essential tool for COPD treatment



Benefits for your patients

- ✓ Breathing strategies
- ✓ Better exercise tolerance (fitter)
- ✓ Confidence to self manage
- ✓ Smoking cessation support
- ✓ Nutrition advice
- ✓ Group support
- ✓ Better mood and motivation
- ✓ Social worker input (WINZ, warm housing, funding advice)
- ✓ Anxiety and depression advice
- ✓ Care plans initiated (Acute Plans, ACPs)





“I felt so unfit. I felt ashamed. You have to want it and you have to want some quality of life. I knew if I didn’t, I would just go deep into depression.”

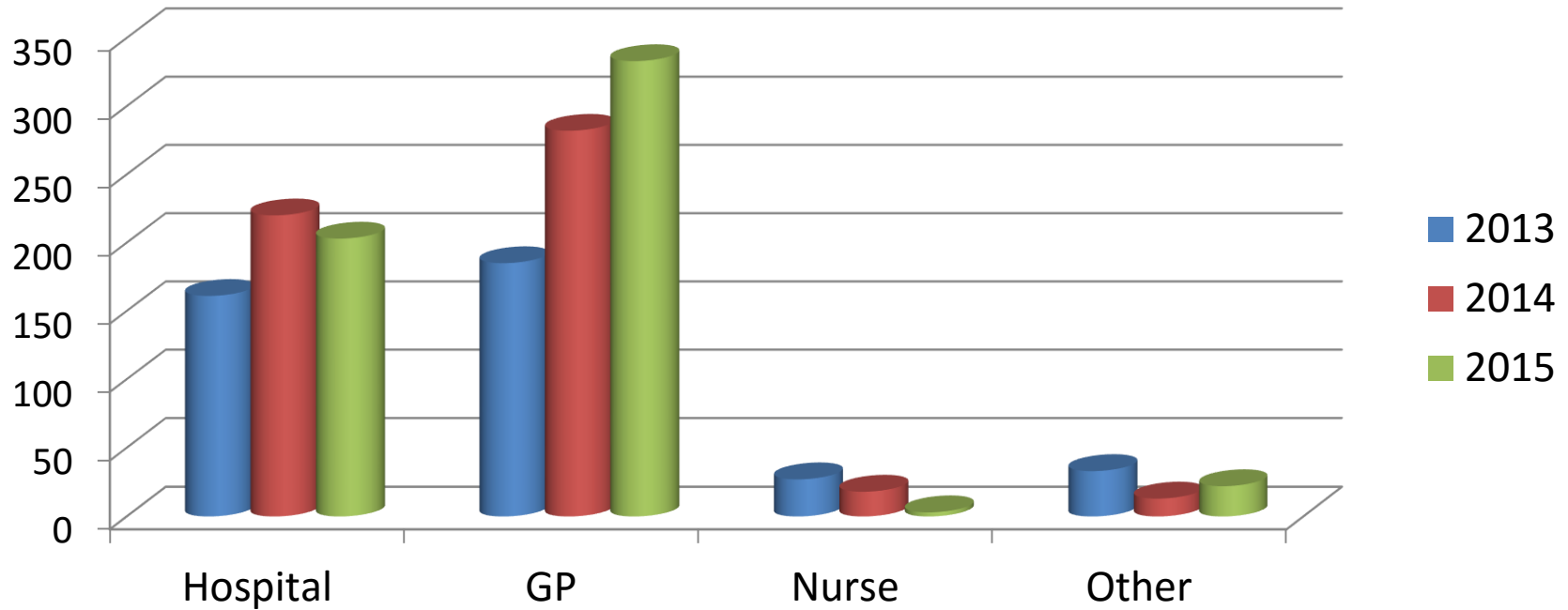
Louise, participant





Consider for anyone with confirmed lung disease (COPD, bronchiectasis, chronic asthma, interstitial lung disease) who are breathless on exertion.

Referral Source





What is pulmonary rehabilitation?

Pulmonary rehabilitation is a comprehensive program for people living with chronic lung disease who have symptoms of breathlessness. It often has a decreased ability to perform activities of daily life. Programs are usually tailored and designed to optimise physical and social wellbeing. The structure and content of each program is different and ends upon local resources.

What are the aims?

- aims of pulmonary rehabilitation are to:
 - Encourage physical fitness
 - Improve quality of life
 - Increase participants' ability to cope with the acute and chronic phases of chronic lung disease
 - Reduce hospital admissions and length of stay on hospital

Who attends pulmonary rehabilitation?

In general, pulmonary rehabilitation programs are for people who have chronic lung disease who are limited by breathlessness. Partners and caregivers are also encouraged to attend.

What does the program consist of?

The program consists of an individual assessment followed by exercise training and education. Normally you will attend twice a week about 8 weeks. At the end of the program, there is normally a re-assessment and by this time there will be an agreed plan in place of what you will be able to maintain the benefits.

What is the cost?

The program is free of charge, making the ongoing time lifestyle change.

What is the role of the doctor and the nurse specialist?

The doctor and the nurse specialist will assess you and manage your respiratory disease.

What is the role of the physiotherapist?

The physiotherapist will assess you and manage your respiratory disease.

What is the role of the dietitian?

The dietitian will assess you and manage your respiratory disease.

What is the role of the psychologist?

The psychologist will assess you and manage your respiratory disease.

What is the role of the social worker?

The social worker will assess you and manage your respiratory disease.

What is the role of the occupational therapist?

The occupational therapist will assess you and manage your respiratory disease.

What is the role of the pharmacist?

The pharmacist will assess you and manage your respiratory disease.

What is the role of the exercise physiologist?

The exercise physiologist will assess you and manage your respiratory disease.

What is the role of the respiratory therapist?

The respiratory therapist will assess you and manage your respiratory disease.

What is the role of the respiratory nurse practitioner?

The respiratory nurse practitioner will assess you and manage your respiratory disease.

I find exercise really hard, why will doing more help me?

Exercise is something many people with chronic lung disease find really difficult and often, people who are short of breath find activity harder and harder to do over time. Exercise training is an essential part of the program, helping to reverse this 'cycle of inactivity'. Clinical trials have consistently shown that an improvement in exercise tolerance is one of the main benefits following completion of pulmonary rehabilitation.

What's involved in the exercise?

Your exercise program will be prescribed based on your results from the initial assessment and your goals. The physiotherapist will recommend the type, intensity, length, frequency and type of exercise you should do. Normally each exercise session will consist of a warm-up followed by some aerobic exercise, some strengthening exercises for your arms and legs and a cool down.

The aerobic exercise may include some walking, cycling or stepping. Walking is a really important element, as many aspects of daily life involve walking. Your exercise may be continuous or in an interval format. Intervals mean that you will stop and rest to recover during the exercise.

Over the weeks, your exercises will be progressed as you get stronger. You will not do anything that you are not comfortable with. Most



Pulmonary Rehabilitation Programme (PRP)

This brochure contains information for patients and their family/whānau about the Pulmonary Rehabilitation Programme available for those suffering from chronic obstructive pulmonary disease (COPD).



Everything you need to know about

Community Pulmonary Rehabilitation



Pulmonary Rehabilitation



What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a free programme designed to help people with chronic respiratory disease, such as COPD.

What is involved?

Before starting

Before starting the programme you will be assessed by a nurse and physiotherapist at the venue.

They will explain the programme and give you the opportunity to ask any questions. They will also review your medications and general health to make sure you get the most out of the programme.

Once you start

The programme involves two sessions a week for eight weeks.

Each session runs for approximately two hours and includes a group exercise class designed specifically to help you breathe easier and an education session where you'll hear from a range of health workers.

After the programme

At the end of the programme you will be re-assessed and encouraged to continue what you have learned at home or to join a local exercise class.

What to expect

Pulmonary Rehabilitation programmes are run in different locations around Canterbury.

During the eight week exercise and education programme, you will meet other people living with similar breathing conditions.

You will be supported by health professionals and learn ways to manage your condition in a safe and supportive environment. People who have completed the programme are also there to help and answer questions of how they cope with their breathing.

"A brilliant programme. Lots of relevant information, great exercise and a lot of fun."

Past participant, Mr F



For more information search 'Pulmonary Rehabilitation' at www.healthinfo.org.nz

Why exercise?

For many people with chronic lung disease, physical activity becomes difficult due to breathlessness, muscle fatigue or tiredness. As a result of this, people with these symptoms may avoid such activity. This can lead to a downward spiral of debilitation — more breathlessness and more fatigue while carrying out less activity. Research has shown that regular exercise helps to improve fitness levels, strengthen weak muscles and slow down or reverse this cycle. People with lung disease who exercise regularly have reported that they are less breathless, have more energy and feel better about themselves.

Why join an Exercise Programme?

If you have a chronic lung disease, it is important to exercise regularly and correctly, following a programme designed by a trained professional to ensure that it is both safe and beneficial.

Specialist Respiratory Physiotherapists have a good knowledge of lung disease and are trained to prescribe and supervise pulmonary rehabilitation exercise sessions.

Asthma & Respiratory Management BOP Inc
254 Chadwick Road, PO Box 9028 Greenlane Tauranga 3142
Ph: 07 577 6738 Fax: 07 578 5100 e-mail: info@arb.co.nz

For more information about attending a pulmonary rehabilitation programme please speak to your doctor or call one of the numbers below.

Physiotherapy Greenlane 09 630 9803
The Laura Ferguson Trust 09 524 0537
COPD Nurse Specialist 021894781
Physiotherapy CardioPulmonary Specialist 0212259179

For more detailed information visit:
WWW.HEALTHPOINT.CO.NZ

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Date: March 2012 GOC/PT12/0029 Author: Paul Birch

PULMONARY REHABILITATION PROGRAMME

PHILOSOPHY

IF WE TREAT YOU TODAY
WE HELP YOU FOR A DAY
IF WE TRAIN YOU
WE HELP YOU FOR A LIFE TIME

Canterbury Clinical Network
www.ccn.health.nz | info@ccn.health.nz

Canterbury Clinical Network
Training Learning Innovation Change
Phonem: 0848 46 4646

Community Pulmonary Rehabilitation is an eight week program designed to help reduce the impact of your chronic lung condition.

This service is funded by your GP and is FREE for users



CLOTHING

It is important to wear clothes and shoes that are comfortable to exercise in.

MEDICATION

It is important to bring along your inhalers as well as any other medication you require.

BREATHING CONTROL

You may be concerned about your ability to exercise because of your breathlessness. Your physiotherapist will show you successful ways to control and manage your breathing during exercise.

Understanding Non Attendance

- Only 1-2% of people with COPD are referred
- High rates of non-attendance >50%
- High rates of non-completion
- Frustrating for everyone involved



Understanding Non Attendance

Summer Student Research

- Semi-structured telephone interview of 75 non-attenders from 2014/15

Demographics

- Non-attenders significantly younger – 67 years vs. 75 years
- 22.2% current smokers
- 18.1% still working
- Higher numbers of NZ Māori and PI

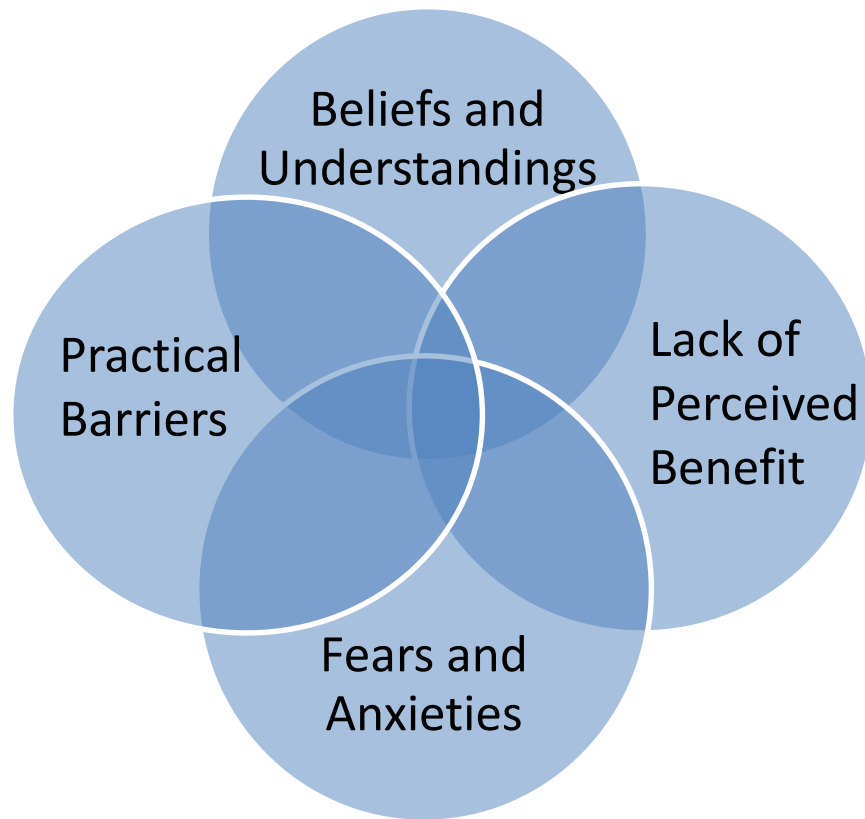
Referral

Summer Student Research

- Information received at the time of referral varied
- 36% were given none, or could not remember any information
- 32% of people referred did not know anything about what takes place in a PR programme

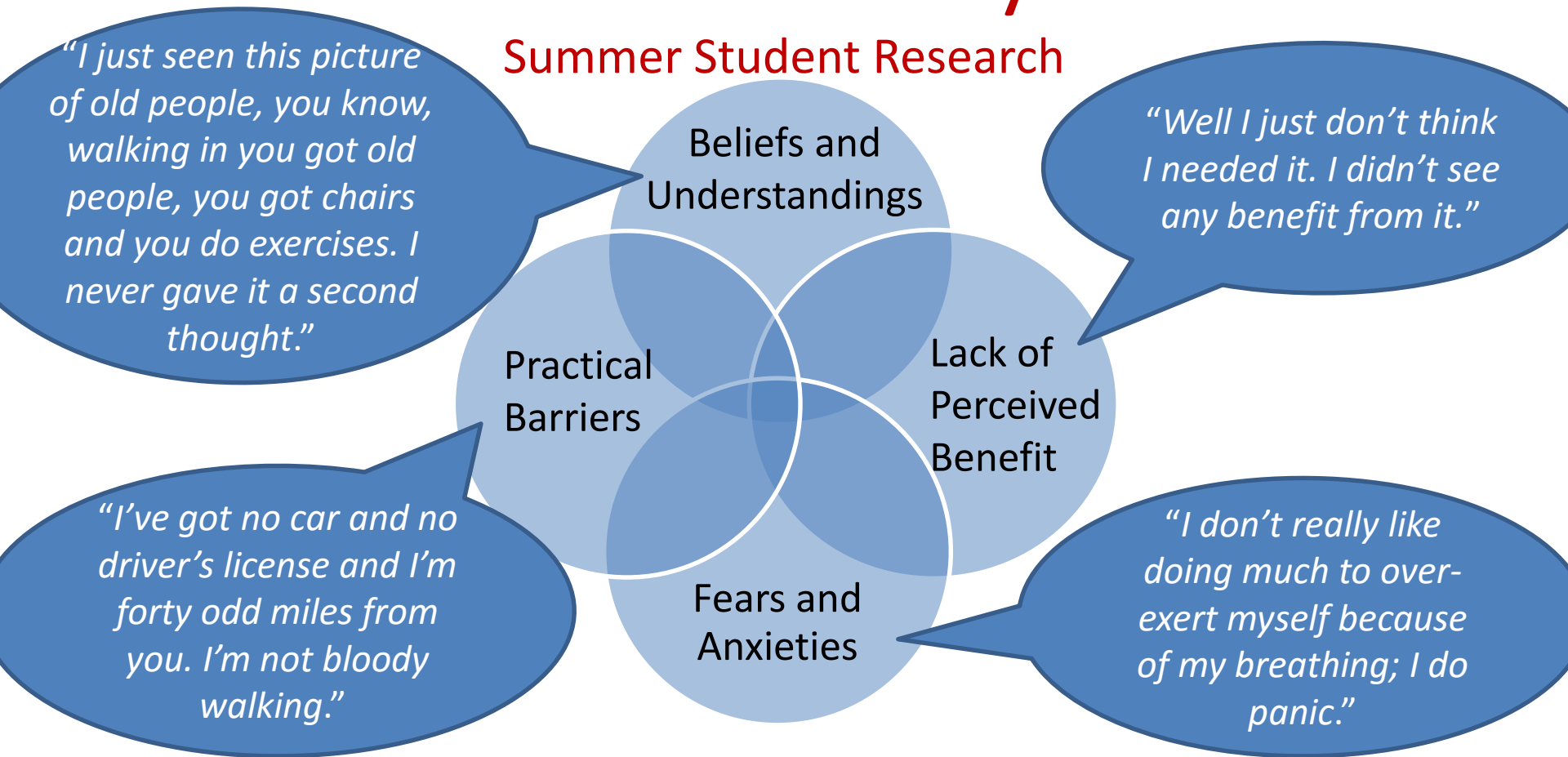
Thematic Analysis

Summer Student Research



Thematic Analysis

Summer Student Research

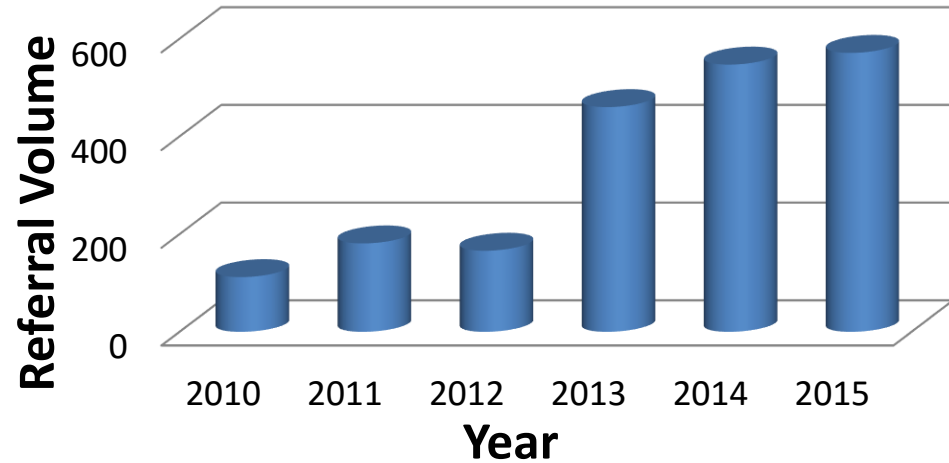


What does this mean?

- Non-attenders are younger, working, smoking and potentially feel unsuitable
- Information sharing and communication is below par
- Skewed perception of “Pulmonary Rehabilitation”

The Canterbury Experience

- Targeting >600 referrals per year



- 9 programmes in multiple locations
- Improved patient journey
- Variations to group PR, including home based PR

Insert Web Page

This app allows you to insert secure web pages starting with `https://` into the slide deck. Non-secure web pages are not supported for security reasons.

Please enter the URL below.

`https://` `api.cvent.com/polling/v1/api/polls/sp9n6uum`

Note: Many popular websites allow secure access. Please click on the preview button to ensure the web page is accessible.

Our Responsibilities

- Be informed about PR in your area
- PR providers have a responsibility to make the programme accessible and relevant
- Find the 'hooks' that motivate your people with COPD to attend



“It came along at the right time in my life. I’d appreciate if I got 80% out of the programme, but I got 99. It made me concentrate on myself and I got stronger.... It saved my life really.”

Louise, participant

Take Home Messages

- Find out what is available in your area
- Patient buy-in is critical
- Provide information that is
 - Relatable
 - Relevant
 - Really good
- Refer



References

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- Global Initiative for Chronic Obstructive Lung Disease. (2013). *Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease: updated 2013*. <http://www.goldcopd.org>.
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- Nici, L., Donner, C., Wouters, E., Zuwallack, R., Ambrosino, N., Bourbeau, J., Carone, M., Celli, B.,...Troosters, T. (2006). American Thoracic Society/European Respiratory Statement on Pulmonary Rehabilitation. *American Journal of Respiratory Critical Care Medicine*, 173, 1390-1413. doi:10.1164/rccm.200508-1211ST