Innovative Strategies to Optimize the Demand on Pulmonary Rehabilitation Service

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

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

Scope of Pulmonary Rehabilitation

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

Stage 1
Identify & Refer

Duration: 8 weeks
Dosage: 30 mins × 3 Sessions/week
Format of delivery: Non-Linear periodized training.

Components of Training:
Aerobic/Strength/Flexibility/Breathing train

Local PR Protocols

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

Quality & Innovation

Content of PR

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

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PR Service Delivery in 2014

Stage 1
Identify & Refer

Stage 2
Manage & Recruit
(No of Booking = 200)

Stage 3
Assess (N = 115)

Stage 4
Deliver PR (N = 98)

Stage 5
Review/Discharge/Audit

OUTPUT

• OUTCOME
• IMPACT

Referral Source

No. of Not Suitable, 37

No. of Total Appointments, 135

Not Suitable (n=17)
• Unstable Chest infection.
• Shoulder joint fracture
• Severe panic attacks
• Ankle tendinitis
• No relevant respiratory issues
• Patient denied PR due to
• Lack of transport
• Bowel disease
• Very weak and frail
• Lack of motivation

Non-completers (n=9)
• Cancer (Newly diagnosed)
• Commute to PR Venue—distance and time
• Home programme
• Lack of motivation

Local Context

Audited

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