

Pulmonary Rehabilitation

Pulmonary rehabilitation is an essential option available within a wider, comprehensive respiratory pathway



Pulmonary Rehab Team and Patient Participants
(shared with permission)

Background

- People from South Monmouthshire Neighbourhood Care Network (NCN) area, were **expected to travel** to the Pulmonary Rehabilitation programme in Newport, which is **18 miles** from Chepstow and **12 miles** from Caldicot.
- Research studies have shown that Pulmonary Rehabilitation can be **cost saving** and **reduce**: mortality, hospital admissions, inpatient hospital days, readmissions and the number of home visits.

Project aims

- **To capture & analyse data** from pre and post assessment sessions
- To improve future programmes using **participant** (also including carer & speaker) **feedback**
- To become **embedded as a local service provision** aligned to other ABUHB PR services.

Project outcomes

- **4** Participants were unable to attend due to ill-health on the day
- **7** Participants started
- **6** Participants successfully completed
- **1** Participant did not complete due to unconnected illness
- **Evidence supports improved functional capacity** following the exercise component
- **Improved confidence and commitment** to engage in exercise on a longer term basis via NERS scheme
- Participants are **better informed** to self manage their lung condition
- To **learn** from participants & improve future programmes

What we did...

- **Project group established** with members from the NCN, National Exercise Referral Scheme (NERS), Chronic Conditions and Respiratory Nurse Specialists
- **Allocated NCN funding** to support the implementation of the programme
- **Local Chronic Conditions Nursing Team** received NCN funding to carry out relevant training
- **Local venue** identified, Chepstow Leisure Centre
- **11** participants invited to attend the first programme between January and March 2016
- **Exercise sessions** delivered twice weekly by the NERS Team
- A **range of speakers** kindly agreed to donate their time to discuss their area of expertise, and present information specific to their roles e.g. Stop Smoking Wales, Dietetics, Rescue Packs, How to use your GP etc.



Evaluation

The project demonstrates:

- A good example of **partnership working** across the NCN, Monmouthshire County Council and the National Exercise Referral Scheme (NERS)
- **Positive feedback** from participants endorsing the implementation of a local service
- Increased **confidence** to help grow the size of future programmes



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