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facts about pulmonary rehabilitation



1

Pulmonary rehabilitation (PR) improves exercise capacity and quality of life and reduces breathlessness in people with chronic lung disease



There is strong evidence that PR:

- improves exercise capacity and reduces symptoms
- improves wellbeing
- is highly cost effective compared with other therapies such as inhaled medications
- reduces hospital admissions, length of stay and therefore healthcare costs in people with chronic obstructive pulmonary disease (COPD).



2

PR can be done remotely via telehealth and apps



The uptake and effectiveness of PR can be enhanced by:

- Telerehabilitation for group exercise sessions, which is effective in improving exercise capacity in COPD and chronic heart failure
- mobile apps, which are effective in cardiac rehabilitation populations.

3

Exercise capacity can be assessed in the home or remotely



Reliable assessment of a person's exercise capacity includes:

- six-minute walk tests
- sit-to-stand tests (eg, 5STS and 1-minute STS)
- step tests (eg, incremental and 3-minute).

4

An individualised PR program offering exercise and education modules may improve completion rates compared to traditional PR



Compared with the historical traditional PR group, participants attending the modular PR program (PuReMod trial) had:

- significantly higher completion rates
- achieved similar improvements in six-minute walk distance
- achieved similar improvements in patient knowledge on the Lung Information Needs Questionnaire.

5

Patient education videos assist with uptake of PR in people with COPD following an acute exacerbation



Comprehensive behavioural interventions designed to educate patients, staff or carers may be needed to increase uptake of PR following hospitalisation and include:

- patient co-designed education videos describing the benefits
- information on program location, transport and parking options.

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