

Glasgow and Clyde Pulmonary Rehabilitation Service

Pulmonary rehabilitation is a comprehensive, multidisciplinary programme of exercise and education that should:

* Improve functional exercise capacity
* Improve health status
* Reduce dyspnoea

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| Inclusion Criteria | Exclusion Criteria |
| * Diagnosis of COPD * MRC grade 3 or greater * On optimum drug therapy * Motivated to participate | * **Successful Completion** of pulmonary rehabilitation programme within the past 2 years   (See Maintenance below)   * Psychiatric, cognitive or locomotor problems that would prevent participation in exercise or in a group setting * Decompensate heart failure |

**MRC dysnoea scale** (must be 3 or greater)

Grade 1: Not troubled by breathlessness except on strenuous exercise

Grade 2: Short of breath when hurrying or walking up a slight hill

Grade 3: Walks slower than contemporaries on level ground because of breathlessness, or has to

stop for breath when walking at own pace

Grade 4: Stops for a breath after walking about 100m or after a few minutes on level ground

Grade 5: Too breathless to leave the house or breathlessness when dressing or undressing

# The Following Do Not Exclude Rehabilitation

* Transport
* Age
* Hypoxia or oxygen dependence
* Continued smoking

# Referral Guidance

* All patients should be referred using online or paper referral
* Patients will receive an invite for assessment at their local hospital within 4/6 weeks of receipt of the referral form.
* Patients failing to respond will be sent a second letter then discharged if no response.

# Assessment Sites

* Gartnavel General Hospital

(Team Base and Office)

* Queen Elizabeth University Hospital
* New Stobhill Hospital
* New Victoria Hospital
* Royal Alexandria Hospital
* Inverclyde Royal Infirmary
* Vale Centre for Health & Care
* Glasgow Royal Infirmary
* Easterhouse Health Centre

### Programme Structure: Assessments and Classes

### Assessment

The patient assessment will take place during a one-hour appointment and will include the following:

* Full medical and social history
* Smoking history, including readiness to quit
* Walking tests (Six minute Walk Test or Incremental and Endurance Shuttle Walk)
* Borg Breathlessness Scale at rest and post exercise
* Resting and exercise oximetry
* Two questionnaires
  + GADs-2 / PHQ-2
  + CAT questionnaire
* Functional goal setting (agreed with the patient)
* Patients may be referred to the clinical psychology service within Pulmonary Rehabilitation if they are evidencing significant psychological distress associated with their chest condition.

### Local Class Venues

**South Glasgow**

* Queen Elizabeth University Hospital
* New Victoria Hospital

**Clyde**

* Lagoon Leisure Centre Paisley
* Vale Centre for Health and Care
* The Hub Clydebank

**North Glasgow**

* Gartnavel General Hospital
* Kirkintilloch Sports Centre
* Possilpoint Community Centre
* Barmulloch Community Centre
* Shettleston Community Centre
* Easterhouse Sports Centre

Patients will be offered a class at a local venue which will run twice weekly for 6 weeks. The exercise component of the class will be supervised by the Pulmonary Rehabilitation Team, which will include physiotherapists, nurses and leisure instructors. The education component will have a multi-disciplinary input and education booklet provided.

**Exercise:** Gym based

Warm up, stretches and cool down. Breathing control

Aerobic and strengthening circuit exercises

**Education:** Disease process and self-management of exacerbations

Breathing control

Benefits of exercise

Psychological advice on coping with anxiety and breathlessness

Relaxation

Nutritional advice

Energy conservation advice

Airway clearance physiotherapy

Advice on medication

Inhaler technique

Smoking cessation

Maintenance groups

### Re-assessment

The patient’s re-assessment will include the following:

* Six minute Walk Test or Endurance Shuttle Walk
* GADs-2 / PHQ-2
* CAT questionnaire
* Review of smoking status, if appropriate
* Discussion regarding maintenance options including Vitality classes

• Discussion of pre set functional goals. At this time appropriate advice for future goals and self-management will also be given.

**Transport**

Transport will be provided for eligible patients. (Taxi or volunteer driver’s service)

### Discharge

A discharge report will be sent to the referring doctor. In the case of a consultant referral, a copy of the discharge report will also be sent to the GP.

### Maintenance

Patients will be offered referral on to a community Vitality class at their local community venue. These classes will operate with the supervision of a pulmonary rehabilitation instructor.

Patients who have completed pulmonary rehabilitation within the past 2 years can be re-referred for review.

**Please complete a referral form on SCI Gateway and send to**

**Pulmonary Rehabilitation Team, Gartnavel General Hospital, Great Western Road,**

**Glasgow G12 0YN**

Telephone Number 0141 211 3392 gg-uhb.PulmonaryRehabilitation@nhs.net

Patients will be seen at their local hospital for assessment and offered a local community class **Jan 2018**