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

**Inclusion Criteria**
- Diagnosis of COPD
- MRC grade 3 or greater
- On optimum drug therapy
- Motivated to participate

**Exclusion Criteria**
- 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
- Decompensated heart failure

**MRC Score definitions**
Grade 1. Not restricted in usual daily activity
Grade 2. Copes with daily activity but some difficulty keeping up with peers – especially hills and stairs
Grade 3. Restricted activity out-of-doors – unable to keep up with peers on the level
Grade 4. Marked limitation in outdoor activity – stairs and inclines with great difficulty. Self caring indoors
Grade 5. Essentially housebound and requires some assistance in personal care

**Do not exclude if your patient**
- Needs transport
- Is older age
- Has hypoxia or oxygen dependence
- Continues to smoking

**Maintenance**
On completion, patients will be offered referral on to a community maintenance class at their local community venue. These classes will operate under the supervision of a pulmonary rehabilitation instructor.
- Patients who have completed pulmonary rehabilitation **within** the past 2 years can be re-referred for review to commencing maintenance classes.

**Referral Guidance**
- Use the Gateway form. If the Gateway is down please wait till it is available again. There is a pdf version of a paper form available for exceptional circumstances
- Patients will be invited for assessment at their local hospital within 4/6 weeks of receipt of the referral
- Patients failing to respond will be sent a second letter then discharged if no response.

**Assessment Sites**
- Gartnavel General Hospital (Team Base and Office)
- Southern General Hospital
- Stobhill Hospital
- Victoria Infirmary
- Royal Alexandria Hospital
- Inverclyde Royal Infirmary
- Vale of Leven Hospital
- Glasgow Royal Infirmary
- Easterhouse Health Centre

**Local Class Venues**

**South Glasgow**
- Pollok Realm Centre
- Castlemilk Sports Centre
- Southern General Hospital
- Victoria Infirmary

**Clyde**
- Lagoon Leisure Centre
- Paisley
- Elderslie Pool
- Westburn Church
- Greenock
- Bogleston Gym
- Vale of Leven Pool

**North Glasgow**
- Tollcross Swimming Pool
- Easterhouse Sports Centre
- Maryhill Swimming Pool
- Drumchapel Swimming Pool
- Playdrome Clydebank
- Gartnavel General Hospital
- Kirkintilloch Sports Centre
- Balgrayhill Community Centre

**Transport to groups** will be provided for eligible patients. (Taxi or volunteer drivers service)
Assessment

- One-hour appointment
- Full medical and social history
- Smoking history, including readiness to quit
- Walking tests (Six minute walk test or incremental and endurance shuttle walk)
- Resting and exercise oximetry
- Functional goal setting (agreed with the patient)
- Chronic Respiratory Questionnaire (self-reported)
- Borg Breathlessness Scale at rest and post exercise
- Hospital Anxiety and Depression Scale [HADS]
- Clinical psychology is available within the service for those evidencing significant psychological distress associated with their chest condition

Classes

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, 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
- Endurance Shuttle Walk Test or Six minute walk test
- Hospital Anxiety and Depression Scale [HADS]
- Chronic Respiratory Questionnaire (self-reported)
- Review of smoking status, if appropriate
- Discussion regarding maintenance options
- Discussion of pre-set functional goals
- Advice for future goals and self-management

Discharge

A discharge report will be sent to the referring doctor, and, if consultant referral, a copy to the GP

Please complete a referral form and send to
Pulmonary Rehabilitation Team, Gartnavel General Hospital, Great Western Road,
Glasgow G12 0YN
Telephone Number 0141 211 3392 Fax Number 0141 211 3396
Patients will be seen at their local hospital for assessment and offered a local community class

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