

Volume 11, 27 June 2011

Publisher: Igitur publishing

URL: <http://www.ijic.org>

URN:NBN:NL:UI:10-1-101464 / ijic2011-27

Copyright: 

Conference abstract

Remote pulmonary rehabilitation

Morag Barrow, AHP Manager, East Lothian and Midlothian APHs, Edenhall Hospital, NHS Lothian, UK

Correspondence to: Morag Barrow, E-mail: Morag.Barrow@nhslothian.scot.nhs.uk

Abstract

Introduction: Current guidelines for COPD [1, 2] recommend that programmes of pulmonary rehabilitation (PR) are tailored to individuals to improve symptoms, quality of life and self management. Accessing PR is dependent on travelling to classes. For many people living in rural areas or with severe disease that reduces mobility this means that they are unable to attend.

Aims: AHP teams will deliver remote PR utilising Video conferencing technology in NHS Lothian, Dumfries & Galloway, Borders, Tayside and Western Isles. Following assessments, patients are invited to participate in a PR programme of physical exercise, disease education and psychological support, linking sites using video-conferencing technologies. Participants can see and talk to each other, as well as interact with the physiotherapist who will lead each session.

Outcomes:

- Rolling programme of remote PR
- Improved access to self management support
- Participants will have developed a personalised exercise plan which they can do in their own community or at home
- Based on evaluation, disseminate and expand the service across Scotland

Benefits:

- Improved health and physical fitness
- Improved quality of life and greater independence
- Reduced exacerbations, anxiety and social isolation
- Fewer emergency admissions
- Self management model of remote rehabilitation which can be applied to other long-term conditions

Keywords

remote, pulmonary, telehealth, telerehabilitation, COPD, video conferencing technology

References

1. Quality Improvement Scotland. Clinical Standards March 2010. Scotland: NHS Quality improvement; 2010.
2. National Institute for Health and Clinical Excellence. CG101 Chronic Obstructive Pulmonary Disease: Management of chronic obstructive pulmonary disease in adults in primary and secondary care. UK: NICE; 2010.