



NRAP Good Practice Repository – Pulmonary Rehabilitation

South Warwickshire Physiotherapy Services
South Warwickshire NHS Foundation Trust



KPI3:

People enrolled for pulmonary rehabilitation who go on to
have a discharge assessment

South Warwickshire Physiotherapy Services achieved:

71 % - 2022-23 | 88 % - 2023-24*

*% of patients submitted to the audit.

We have been able to increase the number of patients enrolled who go on to have a discharge assessment.



Our processes to achieve good practice in KPI3:

Since Covid, we restarted running face-to-face pulmonary rehabilitation (PR) classes twice a week at the hospital sites as well as completing community PR classes as part of a health inequality project.

For all patients completing PR, we ensure they complete education sessions, post-PR assessments and receive onward referrals as appropriate. This enables us to complete pre- and post-outcome measures like CAT, MRC and Quality of Life questionnaires.

We have increased our assessment time slots from 45 to 60 minutes in order to complete practice walk tests for every patient. This has enabled us to provide individualised patient plans and evaluate the benefits of PR.

We complete regular presentations on the benefits of PR to the physiotherapy teams and junior doctors in our acute hospital in order to improve the referral rate following an admission due to COPD exacerbation.

We have also improved our audit data collection and recording since 2023.

We have completed PR programme awareness at acute site and GP surgeries to increase referral rate.

Key changes, staff and resources

The key changes in our service were the reintroduction of the classes to twice a week since Covid and extension of the class time from 1 hour to 1 hour 30 minutes. Additionally, we reintroduced face-to-face education sessions and developed a post-PR assessment to evaluate the programme and have the opportunity to create an individualised programme for patients. We have updated our PR SOP and operational policy to implement all these changes.

We were supported by our service managers by improving our staffing level to three band 7s, one band 6 and two band 4 members to adopt these changes.

We have created clinic slots to cover post-assessments and increased staffing levels to cover the demand.

To achieve this improvement, we have also reviewed and modified our PR pre- and post-assessment forms and reviewed the wider PR pathway. Our service has been registered since April 2023 with the Pulmonary Rehabilitation Service Accreditation Scheme (PRSAS) to continuously improve our service standards to BTS Quality Standards for Pulmonary Rehabilitation in Adults. We are also taking part in the IMPROVE trial, which is a randomised controlled research trial by Kings College London exploring the role of PR buddies in improving the PR completion rate.

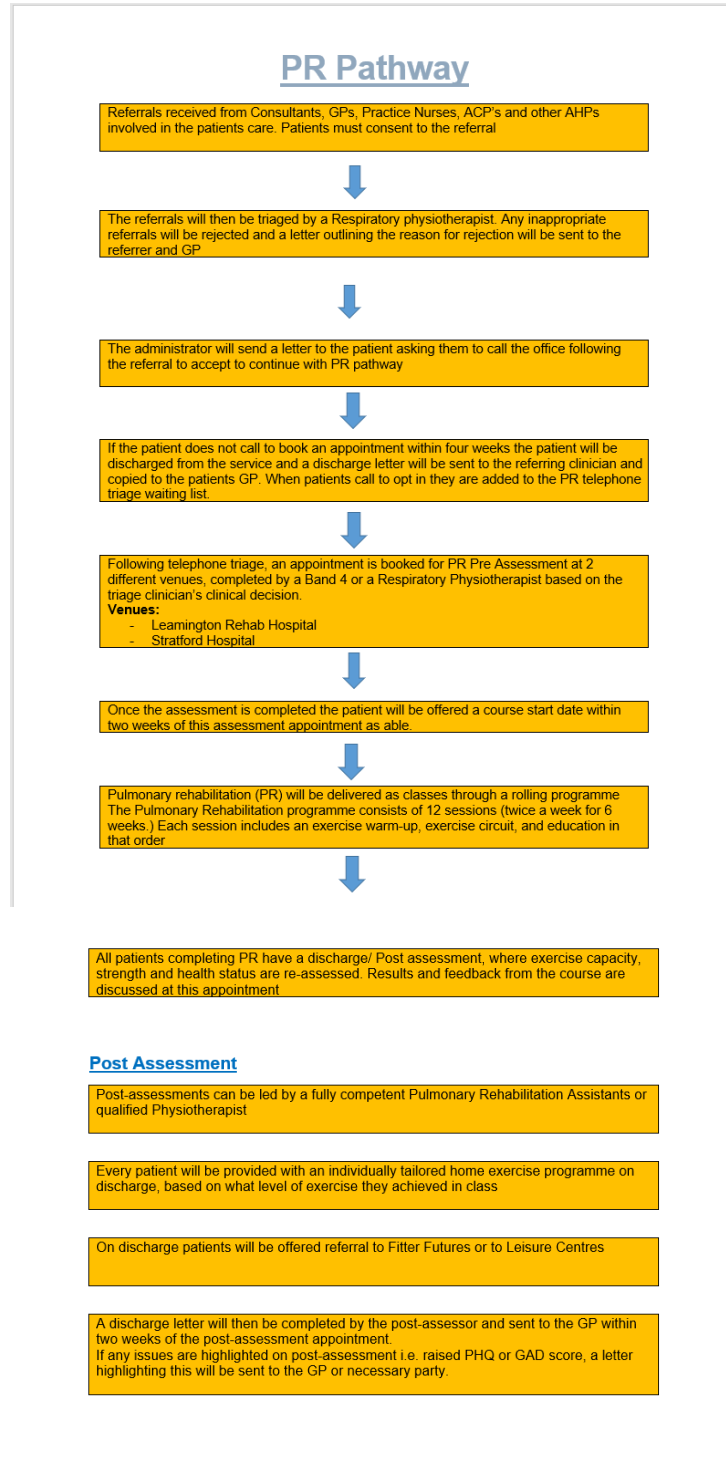
PR Good Practice Repository – case study

National Respiratory Audit Programme

praudit@rcp.ac.uk | 020 3075 1526 | www.rcp.ac.uk/nrap



Example of PR pathway:



PR Good Practice Repository – case study

National Respiratory Audit Programme

praudit@rcp.ac.uk | 020 3075 1526 | www.rcp.ac.uk/nrap