

NRAP Good Practice Repository – Pulmonary Rehabilitation

AIR (Adult Integrated Respiratory) Team Frimley Health NHS Foundation Trust



KPI4:

Patients who received a written individualised discharge
exercise plan

AIR Service achieved:

99% - 2022-23 | 100% - 2023-24*

*% of patients submitted to the audit.

We have provided a written individualised exercise plan for 100% of patients entered into the NRAP clinical audit between October 2022 and March 2023.



Our processes to achieve good practice in KPI4:

All patients receive a 30-minute finisher assessment prior to their last class starting. This includes: collecting questionnaires issued in previous session, repeating outcome measures (ISWT and strength tests- repeat ESWT is completed at the previous session, MRC), reviewing SMART goals, reviewing/ referring on re: smoking status and ambulatory oxygen status (if appropriate) and discussing their 'finisher pack'. The finisher pack contains: information on local gym referral schemes, local support groups, Asthma + Lung UK contact details and their individualised home exercise programme. This is pre-set with information taken from their current class exercise status and their home exercise programme record.

Staff and resources

Our team is made up of band 5, 6 and 7 Respiratory Physiotherapists and band 3 and 4 Respiratory Physiotherapy Assistants.

Resources we use include: the 'Your exercise handbook' from Asthma + Lung UK, and a front sheet designed by our team titled 'Post PR Home Exercise Programme' which has information about the importance of carrying on with their home exercise programme, their name, our contact details, space for short and long term goal setting, how many sessions they should complete per week and highlighted progression suggestions with prescribed weights. We also issue extra sheets of a team-designed Home Exercise Programme to encourage the continuation of an exercise diary to help with commitment and motivation.

In the last 6 months we have overhauled our class and exercise prescription and delivery following service improvement support from the PR accreditation service scheme.

This included using the Asthma + Lung UK exercise handbook as a base for class and home exercises, and using the Brzycki equation for resistance training prescription. We have always used the ISWT and ESWT for CV exercise prescription, but we have updated class and home exercise sheets and added our individualised front sheet for our PR class finishers pack.

The Asthma + Lung UK exercise handbook can be found here:

<https://shop.asthmaandlung.org.uk/products/exercise-handbook-2>

PR Good Practice Repository – case study

National Respiratory Audit Programme

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