

# 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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