

National Asthma and COPD Audit Programme (NACAP) Your Pulmonary Rehabilitation (PR) journey Guide to PR for people with lung conditions including COPD

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What is PR and what is this guide for?

Pulmonary rehabilitation (PR) is a treatment programme designed for people with lung conditions like COPD. PR programmes are specially designed to meet individual patients' needs and include exercises and advice on managing their condition and symptoms. The goal of PR is to improve the patient's physical health and overall wellbeing.

If you have been referred for PR, this guide will:

- > tell you what to expect from your PR program and give you four key questions along the way,
- > help you understand what NACAP recommends your PR care should like,
- > support you to be able to talk about your care with your PR service.

This guide has been created by the National Asthma and COPD Audit Programme (NACAP) in collaboration with the Taskforce for Lung Health. For more information on these organisations, please go to www.rcp.ac.uk/nacap and www.blf.org.uk/taskforce.

NACAP is looking into the care, including PR, that people with asthma and COPD are receiving, and finding out where there are areas for improvement. As part of this, information is collected on patients in England and Wales who are referred for PR.

This is a consent-based audit, meaning patient information is only included if they agree to this verbally or in writing. To find out more about how we use patient data, contact the NACAP helpdesk at pulmrehab@rcp.ac.uk.



Answer these three key questions to understand what good quality PR looks like and find out if you are getting the best possible care.



1. Have you been told what the waiting times are for starting PR?

National guidance says that people with **stable COPD** (people who can manage COPD at home and haven't needed to be admitted to hospital lately) should start PR **within 90 days of referral**. **People who have been admitted to hospital** with a flare up of their COPD should start PR within **30 days of referral**.

**If you answered no, ask your PR service what waiting times are.
If they are longer than recommended, ask your health care practitioner what you can do while you wait to start PR.**



2. In your initial assessment, were you asked to perform two walk tests (a practice test and a formal/repeat test)?

In your initial (first) assessment for PR you should do a walk test. This measures how much your lung disease/breathing problems affect you. Different tests can be used to measure how far someone can walk in a set time, or how long it takes someone to walk a set distance, to assess their level of fitness. **Walk tests should always be done twice** (a practice walk test followed by a formal/repeat test). This is to make sure you know what you need to do in the test and that the result is correct.



3. Have you completed your PR programme and had a discharge assessment?

A PR programme is normally 6-8 weeks long. At the end of your programme you should have a discharge assessment. This will include tests and questionnaires to find out how much better your general health is after doing PR. You should also be given an individual discharge plan. This will help you carry on with PR when you go home, to make sure your health stays as good as possible.

If you answered no to questions 2 & 3:

- > **ask a member of your PR service why this is and what the next steps will be.**
- > **get in touch with your local Patient Advice and Liaison Service (PALS) for advice and support. You can look up your local PALS on the NHS website or ask staff in your hospital or GP surgery for details.**

PRSAS
Accredited

Have you heard about the PR Service Accreditation Scheme (PRSAS)?

The PRSAS is a national programme supported by the Royal College of Physicians (RCP) that works with PR teams to ensure they're delivering a high quality service. We recommend asking your PR service if they are registered with PRSAS and working towards accreditation in your initial assessment. You can find out more about why the PRSAS matters to patients and get involved with the PRSAS patient focus group here:

www.prsas.org/for_patients.