

Metro North Health

Pulmonary Rehabilitation Information and Referral Guide

Pulmonary rehabilitation is one of the most important interventions for people diagnosed with chronic obstructive pulmonary disease (COPD) and also benefits those with other chronic respiratory conditions.

The benefits can last approximately 12 months and can include:

- Increased physical fitness and functioning
- Reduced breathlessness
- Reduced hospital admissions
- Reduced length of stay in hospital
- Improved health-related quality of life
- Improved mood and motivation
- Improved knowledge and ability to manage lung condition
- Increased participation in everyday activities.

Metro North pulmonary rehabilitation programs consist of exercise and education for 8 weeks and include:

- Comprehensive assessment at beginning and end of program
- Tailored exercise program is prescribed and progressed for each participant
- Education on lung conditions, self-management strategies and encouragement of active lifestyle
- Provision of a tailored home exercise program
- A report of pre and post outcome measures and achievements provided to the referrer and their GP
- Suitable clients will be assessed for virtual home-based care delivery.

Locations of Metro North Queensland Health provided pulmonary rehabilitation programs

Program	Details
Community & Oral Health (COH) Complex Chronic Disease Team North Lakes Health Precinct Caboolture King Street	Centre based group program twice weekly Tuesday and Friday (North Lakes) Tuesday and Thursday (Caboolture) Telehealth-based programs are available to clients Telerehab – twice a week Telehealth – once a week
Herston – Royal Brisbane & Women's Hospital	Centre based group program twice weekly Tuesday and Friday - 10am-12pm (Telehealth available on request)
Chermside – The Prince Charles Hospital	Group based program twice weekly Monday and Friday- 10am-12pm
Banyo – Australian Catholic University (in partnership with Metro North Health)	Group based program twice weekly Monday and Wednesday

[Lung Foundation Australia Website](#).- locations and further information regarding programs available within Australia.

Inclusion Criteria for Pulmonary Rehabilitation

- Have COPD, bronchiectasis, interstitial lung disease or other chronic respiratory condition
- Can be recovering from an acute exacerbation
- Are willing and able to participate in a progressive exercise program
- Are independently mobile with or without aid
- High Functioning participants will **NOT be excluded** from accessing MNHHS Pulmonary Rehabilitation Programs
- Participants with pulmonary arterial hypertension or other complex respiratory disease will only be accepted into a Metro North Pulmonary Rehabilitation Program with a specialist or Nurse Practitioner referral.
- Can be a current smoker

Exclusion Criteria for Pulmonary Rehabilitation

- Have unstable cardiovascular disease (e.g. unstable angina, aortic valve disease, unstable pulmonary hypertension)
- Have severe cognitive impairment
- Have severe psychotic disturbance
- Referred for weight loss to treat sleep apnoea and do not have a chronic respiratory disease

Essential Referral Information

- Confirmed diagnosis of chronic lung condition
- Relevant medical history
- Current phone contact details for patient
- Meets inclusion and exclusion criteria as above.

Highly Desired Referral Information

- Original diagnostic or most recent lung function test (preferably within the last 12 months) including FVC, FEV1 and FEV1/FVC ratio (measured values and % predicted)
- Current medications – particularly respiratory and cardiac medications
- Supplementary oxygen requirements if applicable (including oxygen prescription details or specialist letter)
- Recent respiratory specialist letters.

How to Refer

Please forward all essential referral information	Email: Central_Referral_Unit@health.qld.gov.au Fax: 3360 4822 Ph: 1300 658 252
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General Practitioners

All General Practice referrals for pulmonary rehabilitation should go through Central Patient Intake (CPI) and be marked clearly under reason for referral – “For pulmonary rehabilitation MNHHS”.

Australian Catholic University (ACU)

Referrals to ACU can be made via the above processes (to your nearest Metro North site). Please indicate on the referral that the patient would prefer ACU. Referrals will be forwarded to ACU from Metro North. ACU does not currently accept direct referrals for pulmonary rehabilitation.

Useful Links

[Pulmonary Rehabilitation - Patient Resource Hub - Community and Oral Health](#), Metro North Health
[Lung Foundation Australia COPD guidelines \(COPD-X guidelines\)](#)
[Australian Pulmonary Rehab Toolkit](#)