Important Information about Pulmonary Rehabilitation Referrals

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”. This will ensure that the referral goes to the central referral unit in COH (Community and Oral Health). COH will contact the patient and will arrange the best Queensland Health Pulmonary Rehabilitation solution and location for the patient.

Pulmonary Rehabilitation Information

Pulmonary Rehabilitation is one of the most important interventions in chronic obstructive pulmonary disease (COPD) and can also benefit other chronic respiratory conditions. Its benefits last approximately 12-18 months.

The benefits of pulmonary rehabilitation include:
- Increased physical fitness and functioning
- Reduced breathlessness
- Reduced hospital admissions
- Reduced length of stay in hospital
- Improved quality of life
- Improved mood and motivation
- Improved knowledge of lung condition
- Improved ability to manage lung condition
- Increased participation in everyday activities

Pulmonary rehabilitation programs consist of exercise and education for eight weeks.

All Queensland Health Pulmonary Rehabilitation programs consist of:
- Comprehensive assessment.
- Group exercise & allied health education.
  - 2 sessions per week for 8 weeks.
- Provision of personalised home exercise programs.
- A report of pre and post measures will be provided to the referrer.

Locations of Queensland Health provided Pulmonary Rehabilitation programs:

<table>
<thead>
<tr>
<th>Program</th>
<th>How to refer</th>
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<tbody>
<tr>
<td>North Lakes – COH Complex Chronic Disease Team</td>
<td>Usual practice software&lt;br&gt;Via central patient intake (CPI).</td>
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<tr>
<td>Herston – RBWH.</td>
<td>Usual practice software&lt;br&gt;Via central patient intake (CPI).</td>
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<tr>
<td>Chermside – TPCH.</td>
<td>Usual practice software&lt;br&gt;Via central patient intake (CPI).</td>
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Locations of other pulmonary rehabilitation programs available throughout Australia are available via the Lung Foundation Australia Website.
Inclusion Criteria for group based Pulmonary Rehabilitation

- Have COPD or other chronic respiratory condition e.g. bronchiectasis, interstitial lung disease.
- Can be recovering from an acute exacerbation.
- Are willing to participate (even if they are current smokers).
- Are independently mobile with or without aid.
- Clients with pulmonary arterial hypertension or other complex respiratory disease will only be accepted into a MNHHS Pulmonary Rehabilitation Program with a specialist referral.

High Functioning Clients will NOT be excluded from MNHHS Pulmonary Rehabilitation Programs

Exclusion Criteria for group based Pulmonary Rehabilitation

- Have severe cognitive impairment.
- Have severe psychotic disturbance.
- Have a relevant infectious disease.
- Referred for weight loss to treat sleep apnoea and do not have a chronic respiratory disease.
- Palliative clients.

Patients will also be excluded from the exercise component if they have:

- Unstable cardiovascular disease (e.g. unstable angina, aortic valve disease, unstable pulmonary hypertension).

Essential Information Required in Referral (to allow accurate, timely categorisation)

- Lung Function Tests within the last 12 months including FVC, FEV₁ and FEV₁/FVC ratio (measured values and % predicted) as a minimum.
- Medical history and current medication list.
- Supplementary oxygen requirements if applicable.
- Meets inclusion and exclusion criteria as above.
- Complete referral through your usual practice software.

Additional Information that may be helpful

- Respiratory information
  - Respiratory specialist letters.
  - Previous Pulmonary Rehabilitation attendance.
  - Smoking history.
- DLCO and KCO if available.
- Supplementary oxygen prescription or specialist letter if applicable

Useful Links

- Lung Foundation Australia COPD guidelines
- Lung Foundation Australia patient information and resources
- Australian pulmonary health rehab toolkit
- Smoking Quitline
- NICE guidelines on COPD
- NICE guiding pathways for diagnosis, management and other aspects of treatment and end of life issues
- Australian advance care directive (PDF, 273KB)
- Patient information leaflet on advance care planning (PDF, 1.14MB)
- Lung foundation - resources and fact sheets about home oxygen