

Resource pack for pulmonary rehabilitation

These following resources are available free of charge and can be used by people with chronic lung disease and pulmonary rehabilitation professionals while face to face pulmonary rehabilitation is not possible.

Self-management:

Self-management Programme of Activity, Coping and Education (SPACE FOR COPD®)

- This is an online programme for individuals with COPD.
- It is a self-management programme designed to help individuals with COPD manage their condition more effectively and reduce the impact it has on their day to day life. The self-management programme contains a range of educational topics to help an individual with COPD understand their condition better. Some of these topics include: information about medication, breathing control, exercise and nutritional advice. COPD individuals are also encouraged to set goals and progress through a prescribed exercise programme and achieve weekly targets.
- When doing the walking programme, please adhere to government guidelines on social distancing and exercise outdoors.
- Additional features of the self-management programme include a glossary, frequently asked questions, a moderated discussion forum to receive and answer questions from other individuals with COPD, an 'Ask the expert' facility which provides email access to a multi-professional team of experts at Glenfield Hospital, and a news blog to obtain all the latest SPACE FOR COPD® news.
- The programme has been shown to improve anxiety, exercise performance, and disease knowledge (<https://erj.ersjournals.com/content/44/6/1538.short>) (<https://bmjopen.bmj.com/content/bmjopen/7/3/e013682.full.pdf>) (<https://thorax.bmj.com/content/thoraxjnl/73/1/29.full.pdf>) (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4898045/pdf/copd-11-1161.pdf>)
- The pulmonary rehabilitation department at the University Hospitals of Leicester NHS Trust has kindly agreed to provide access to this service free of charge for three months.
- To register please contact the Pulmonary Rehabilitation Department at UHL NHS Trust on uho-tr.pulmonaryrehabilitation@nhs.net

Living well with COPD

- Self-management programme with ten modules: Being Healthy with COPD; Preventing Your Symptoms and Taking Your Medications; Managing your Breathing and Saving Your Energy; Managing Your Stress & Anxiety; Integrating a Plan of Action into Your Life; Keeping a Healthy and Fulfilling Lifestyle; Integrating an Exercise Program Into Your Life; Integrating long-term home Oxygen therapy into your life; Integrating a healthy diet into your life; Living Well Smoke Free.
- It has been shown that when the programme is implemented under the supervision of a healthcare professional, it can improve quality of life as well as reduce hospitalisations, A&E visits and unscheduled medical visits (<https://jamanetwork.com/journals/ja0maininternalmedicine/article-abstract/215223>, <https://erj.ersjournals.com/content/26/5/853.short>)
- Link: <https://www.livingwellwithcopd.com/en/about.html>

myCOPD

NHS England has procured licenses for services to distribute myCOPD through the Innovation and Technology Payment System (ITP). NHS England has procured enough licenses through the ITP to enable us to re-distribute these to **all pulmonary rehabilitation groups in England free of charge for at least the next 3 months.**

If anyone is unsure about how to get free access they can e-mail our mhealth respiratory physiotherapist Jane Stokes Jane.Stokes@mymhealth.com

myCOPD is NHS approved through the NHS app library, MHRA certified as a medical device and conforms to all NHS information governance policies (DSPT). The recently published NICE medtech innovation briefing is available here: <https://www.nice.org.uk/advice/mib214>

Home-exercise programme

Harefield Pulmonary Rehabilitation Unit home exercise programme:

- This booklet is designed to allow PR professionals to deliver a walking and strength training programme by telephone to home-bound patients with chronic respiratory disease.
- When doing the walking programme, please adhere to government guidelines on social distancing and exercise outdoors.
- A copy of the programme with an exercise prescription is given to the patient and the PR professional reviews and progresses the programme by telephone.
- It has been shown to improve breathlessness, exercise capacity and health-related quality of life in people with COPD, although is less effective than face to face PR (<https://thorax.bmj.com/content/74/10/996.abstract>)



Harefield_Home_Ex_
Prog_Booklet.doc

British Lung Foundation: Active Steps

- The Stay active, stay well exercise videos give people with chronic lung disease everything to start exercising.
- They include step-by-step aerobic and strength exercises as well as how to warm up before you start, and cool down and stretch at the end.
- The programme has been designed for people living with a long-term lung condition, and includes exercises at 3 levels.
- There are also videos on managing breathlessness and goal setting
- Link: <https://www.blf.org.uk/exercise-video>

iPrescribe Exercise: This app is suitable for those with a range of conditions, creating an exercise plan based on data entered by the user. <https://www.nhs.uk/apps-library/iprescribe-exercise/>

Education resources

Harefield Pulmonary Rehabilitation Team's education booklet:

- This is a booklet given to all patients who attend PR at Harefield to support formal education sessions.
- It includes topics such as disease pathophysiology, management of breathlessness, dietary advice, anxiety management, loving relationships etc.



Harefield PR
Education booklet.pdf

Pulmonary Wellness website:

- Webinars on a variety of topics e.g. airway clearance, nutrition, medication, exercise:
- Link: <https://pulmonarywellness.org/webinars-by-topic/>

Resources on management of breathlessness:

- <https://www.stchristophers.org.uk/videos/managing-breathlessness/>
- <https://www.hyms.ac.uk/research/research-centres-and-groups/wolfson/breathlessness/a-guide-to-living-well-with-breathlessness>
- <https://www.cuh.nhs.uk/breathlessness-intervention-service-bis/resources/video-and-audio-help-manage-breathlessness>
- Breathing retraining for people with asthma:
https://www.lifeguidehealth.org/player/play/breathe_land_v1
- Managing breathlessness at home during the COVID-19 outbreak:
<https://www.kcl.ac.uk/cicelysaunders/resources/khp-gp-breathlessness-resource.pdf>
This information sheet is written for people with breathlessness and their families. It may be especially helpful for those with chronic heart and lung conditions, whose clinical teams are being diverted to the COVID effort. The advice is all based on the best available evidence and resources, but adapted to the COVID context (shorted and tailored components). It harmonises with national guidance, e.g. from Association of Palliative Medicine and NICE, and can support its implementation with patient-directed tips and instruction.

General resources

Life of Breath: Dance videos

- This group have uploaded seven dance videos which they hope will help people with breathlessness get moving to improve their health and wellbeing. Presented by dance facilitator, respiratory public health specialist and programme creator Sian Williams, the video series demonstrates a full session with a warm up, standing and seated dances, and a cool down.
- People with balance or coordination problems are advised to be cautious with any movements that may cause them to lose their balance or fall.

- Link: <https://lifeofbreath.org/2020/03/dance-easy-breathe-better-and-feel-good/>

Video of guided relaxation

- <https://www.stchristophers.org.uk/video-exercise-relaxation/>

Nutrition resources for people with COPD:

- <https://www.copdfoundation.org/Learn-More/I-am-a-Person-with-COPD/Nutrition-for-Someone-with-COPD.aspx>

Please contact bts@brit-thoracic.org.uk for queries

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Disclaimer: Advice has been based on PHE advice where available and expert opinion where not available. Variations to this advice may be required depending on clinical setting and individual patients. This guidance is issued to specialist respiratory teams working in the community setting. It is not designed to cover secondary care or primary care settings, where guidance is being issued by PHE.