

NRAP Good Practice Repository – Pulmonary Rehabilitation

St Richard's Hospital Pulmonary Rehabilitation Team
University Hospitals Sussex NHS Foundation Trust



KPI6:
**Health questionnaire Minimal Clinically Important Difference
(MCID) achieved**

St Richard's Hospital Pulmonary Rehabilitation team achieved:
92% - 2022-23 | 92% - 2023-24*

*% of patients submitted to the audit.

We have been able to achieve above average rates of improvement in dyspnoea for patients attending the Pulmonary Rehabilitation programme, as measured by patients completing the Chronic Respiratory Disease Questionnaire both pre and post course.

PR Good Practice Repository – case study

National Respiratory Audit Programme

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Our processes to achieve good practice in KPI6:

The Pulmonary Rehabilitation (PR) programme at St Richard's Hospital involves a comprehensive and holistic assessment process which enables identification of both physical and emotional factors impacting dyspnoea.

This includes the Pulmonary Rehabilitation Assessment Clinic (PRAC) form that is filled in by clinicians at assessment clinics, gathering information regarding physical factors impacting dyspnoea such as specific activities that increase dyspnoea, use of walking aids, frequency of exacerbations, knowledge and confidence of chest clearance techniques, other medical conditions, BMI, medication use and compliance, limitations in home environment, and lung function.

This form also includes specific questions to facilitate identification of psychological factors impacting dyspnoea, such as anxiety and current life stressors, feelings of low mood or depression, as well as knowledge and use of coping strategies to manage emotional wellbeing.

Alongside the PRAC form, patients also complete several outcome measures that gather data regarding both physical and emotional factors impacting dyspnoea. These outcome measures include the LINQs, CRQ, PHQ-9, GAD-7, Pulmonary Rehabilitation Home Assessment form and Surrey Information on Function (SIFT) goal setting form. These outcome measures are re-implemented at the end of the course in order to measure change.

Key changes / Staff and resources

This detailed assessment process allows the Pulmonary Rehabilitation team to develop a detailed understanding of patients' specific circumstances, enabling a personalised intervention plan to be developed to run alongside the Pulmonary Rehabilitation programme.

This may include various interventions delivered by different members of the team. For example:

- equipment provision
- energy conservation education,
- psycho-education and anxiety management education (B6 Occupational Therapist);
- prescription of walking aids to optimise respiratory function
- breathing and chest clearance techniques (B6 and B7 Respiratory Physiotherapists),
- Home Oxygen review (HOSAR team)
- medication review (B7 Respiratory nurses).

Within the PR course itself, patients receive detailed education sessions covering a wide range of topics that are designed to improve their knowledge of their condition, and in turn their ability to

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self-manage both their condition and dyspnoea. This runs alongside the exercise component of the PR course, which is delivered and supervised by B7 and B6 Physiotherapists, B4 Associate Practitioner, and a B3 Therapy Technician. The team all actively support patients within class to tailor each set of exercises towards the patient's specific activity goals (as identified by SIFT) as much as possible, as well as actively tailoring the intensity and duration of exercises to optimise improvements in fitness.

As a team we believe it is the holistic way in which both psychological and physical factors impacting dyspnoea are addressed within the programme that has led to our success in achieving a minimal clinically important difference in this domain.