

Bundaberg Hospital Pulmonary Rehabilitation Clinic

The Bundaberg Hospital COPD Management Program delivers outpatient services including access to Pulmonary Rehabilitation to referred patients with a diagnosis of COPD. The COPD Management Program & Pulmonary Rehabilitation Clinic has been operating successfully at Bundaberg Hospital since September 2006. Our programs operate in line with the COPDX Plan developed by the Australian Lung Foundation and the Thoracic Society of Australia and New Zealand, and other national and international published guidelines¹²³.

This process includes:

- Assessment of the patient's current lung health, symptoms, self-management behaviours and management and determines individual recommendations based on the principles of The COPDX Plan.
 - Confirm diagnosis and assess severity
 - Optimise function
 - Prevent deterioration
 - Develop support network and self-management plan
 - eXacerbations – manage appropriately
- Therapy to stop smoking, optimizing function through symptom relief with medication and pulmonary rehabilitation, encouraging positive change in self-management behaviour, developing a support network and preventing or treating aggravating factors and complications. Motivational interviewing emphasizing self-management in conjunction with patient-negotiated goal setting and GP liaison is utilized to facilitate healthy changes to the patient's lifestyle.

The goal of pulmonary rehabilitation is to reduce dyspnoea, fatigue, anxiety and depression, improve exercise capacity, emotional function and health-related quality of life and enhance the patient's sense of control over their condition (evidence level I).¹ Our pulmonary rehabilitation program is eight (8) weeks in length and has demonstrated significant health improvements consistent with the available evidence.

- Electronic copies of brochures and referral form are available on the GP Links Wide Bay website:
www.gplinks.org.au/page/Programs/Chronic_Disease_Management/Chronic_Obstructive_Pulmonary_Disease_COPD/#templates.
- Referrals should include a current medical history, medication list, and any relevant respiratory investigation reports.
- The Australian Lung Foundation has a national network of patient support groups for people with COPD and other lung conditions. The Bundaberg and District Lung Support Group is part of this network. www.lungfoundation.com.au 1800 654 301.
- The Statewide Respiratory Clinical Network (SCRN) has released their recommended COPD Action Plan to assist patients to prevent or manage crises. This can be completed online and then printed. www.health.qld.gov.au/cpic/documents/resp_copd_actpln_0310.pdf

Contact details: Simon Halloran Tel: 4150 2700 Fax: 4150 2722

Do you have an idea, a problem or a solution? Please contact me on 4151 0814 or tryan@gplinks.org.au .

**Therese Ryan GPHLO
Edition 19 02/11**

¹ Alison J et al, The Pulmonary Rehabilitation Toolkit on behalf of The Australian Lung Foundation (2009). www.pulmonaryrehab.com.au

² Ries AL, et al. Pulmonary Rehabilitation: Joint ACCP/AACVPR Evidence-Based Clinical Practice Guidelines. *Chest* 2007;131;4-42.

³ Nici L, et al. American Thoracic Society / European Respiratory Society Statement on Pulmonary Rehabilitation. *Am J Respir Crit Care Med.* 2006;173;1390-1413