

09:31:38 From Linzy Houchen-Wolloff to Everyone:

Equally- the education session at the end means that we can keep an eye on them as they recover from exercise?

09:32:34 From Melissa Donoghue to Everyone:

it depends on the topic with our PR, I like to do the breathlessness talk before the class so that patients can carry forward the techniques while they are exercising. Most other topics we complete after the class

10:07:26 From Lizzie Hicks to Everyone:

are the you tube videos made by the staff or are the generic NHS you tube videos?

10:55:00 From Rachel Murray to Everyone:

The difference between the breaks for COPD and HF patient inbetween exercises?

11:03:35 From Linzy Houchen-Wolloff to Everyone:

someone in our group mentioned an education pack that they give out at the start and patients can add extra handouts/ letters etc to. This helps to cover if they miss a session and useful as a reference point for later- eg may not be on oxygen now but relevant for the future

11:08:53 From Lisa Stratton to Everyone:

Can I just ask. Are any of your Foundations still asking patients to exercise in masks or visors? Ours still is and I'd like to see if this remains the norm or if we are overcautious?

11:10:07 From Sophie Tyler to Everyone:

Patients don't have to wear masks/visors but we do still socially distance them

11:12:17 From Lisa Stratton to Everyone:

Thank you for the mask feedback. It's really interesting and something else I can take back to the team.

11:12:48 From Lizzie Hicks to Everyone:

so we have PT's that have low SP02 but refuse o2 so we can decline?

11:14:39 From Ram to Everyone:

ILD patients on oxygen, should they be ideally on continuous flow rate rather than pulsed flow? or it does not matter?

11:15:32 From Stuart Clarke to Everyone:

Replying to "ILD patients on oxyg..."

Yes!

11:16:05 From Stuart Clarke to Everyone:

Replying to "ILD patients on oxyg..."

ILD patients tend to have high RR and pulsed flow will not accomodate

11:18:45 From Abhilash.Gokulam to Everyone:

Replying to "ILD patients on oxyg..."

Do you recommend to always confirm low O2 saturation with ear probe if you get a low peripheral reading?

11:20:58 From Stuart Clarke to Everyone:

Replying to "ILD patients on oxyg..."

11:26:20 From Enya Daynes to Everyone:

I discussed with Sally Singh re: accreditation yesterday. They are planning to provide more guidance on strength assessment soon. But as Karen says currently no advice on how- just that you should.

11:28:18 From Lizzie Hicks to Everyone:

ive just set up a maintenance class

11:30:21 From Lizzie Hicks to Everyone:

keeps people exercising they really enjoy it!

11:31:12 From nicola willetts to Everyone:

Lizzie, have you done that as part of the NHS or independent?

11:31:55 From Lizzie Hicks to Everyone:

Independent however gone through the NHS channels to ensure all is above board. When I worked for Cardiac rehab team the have a maintenance programme as well xxx

11:33:04 From nicola willetts to Everyone:

Thanks Lizzie, that is useful to know. We want to go down this route but this might have to be done as an independent project in time.

11:36:19 From Chester Maglo to Everyone:

Saw a study that found 1 session weekly maintained benefits while 1 session a month did not

11:39:04 From Annie Pritchard to Everyone:

We signpost heavily to local leisure centres to support a more sustainable lifestyle change, plus our commissioners rejected our service providing a maintenance programme.

11:39:51 From Juanito Calip-Bird to Everyone:

it is always supervised session vs not. Why behavioural change is impt

11:40:33 From Jude Morgan to Everyone:

on top of my TA role with NHS I am also an exercise referral qualified gym instructor at my local gym, I run 4 classes a week for patients who are suitable, willing and been referred from physiotherapists

11:42:24 From Chester Maglo to Everyone:

<https://pubmed.ncbi.nlm.nih.gov/19643944/>

11:42:43 From Chester Maglo to Everyone:

Interesting study on maintaining the benefits of exercise

14:02:42 From Linzy Houchen-Wolloff to Everyone:

It's a case of who has the longest waiting list at the moment Jey- PR or IAPT δŸ~

14:03:53 From Puja Trivedi to Everyone:

Nijmegen questionnaire for dysfunctional breathing in case of Alison

14:40:41 From Anna Alderslade to Everyone:

New commissioning guidance is currently being worked on

14:42:39 From Lizzie Hicks to Everyone:

so we do a F2F and telephone assessment and then do remotely via My COPD or telephone that not PR?

14:45:39 From Jo Hellier to Everyone:

We also do F2F initial assessment including walk tests in clinic and teach exercises in person. We then support weekly with a telephone call and review education topics. We then do the discharge assessment in person too.

14:54:12 From Linzy Houchen-Wolloff to Everyone:

sounds like most are doing a hybrid model now with lots of patient choice for PR options- great ðŸ˜ƒ

15:01:22 From Samantha Harrison to Everyone:

If using HH dynamometers best to have the same assessor pre and post as output can vary based on the strength of the assessor.

15:09:32 From Enya Daynes to Everyone:

The guidance is from NICE

15:10:42 From Samantha Harrison to Everyone:

Just a comment-in a prehab intervention with a cardiac population we found grip strength did not improve and in interviews the HCP said they knew it was an indicator of frailty but they didn't think it was an outcome that was specific or related to the programme. Thought this was interesting.

15:13:17 From Samantha Harrison to Everyone:

Quick point related to eye sight - ask/check patients are wearing corrective eye wear whilst exercising. Can be important in reducing falls risk.

15:17:17 From Agnieszka Lewko to Everyone:

Replying to "how can we share if ..."

They are encouraged to move from one station to the other. The station has not timed but individually prescribed e.g. resistance/repetitions, intensity. Not always all stations need to be completed in one session.

15:18:18 From Anna Alderslade to Everyone:

Just need to make sure you aren't 'coaching' them or influencing answers of questionnaires

15:19:55 From Samantha Harrison to Everyone:

26m might be the difference between going to the toilet independently or not

15:20:05 From Jude Morgan to Everyone:

Sorry if I missed the answer to this but do you need to do 2 tests for the post assessment?

15:20:24 From Linzy Houchen-Wolloff to Everyone:

Replying to "26m might be the dif..."
and isn't that far from the MID either!

15:25:02 From Susan Thomas to Everyone:

Replying to "Sorry if I missed th..."
Is there any reference to support this/is it documented anywhere?

15:25:55 From Linzy Houchen-Wolloff to Everyone:

Replying to "Sorry if I missed th..."
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