

## BTS resource pack for pulmonary rehabilitation professionals

These following resources 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>)
- Register on: [www.spaceforcopd.co.uk](http://www.spaceforcopd.co.uk) to start using the programme.

### 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/ja0mainternalmedicine/article-abstract/215223>, <https://erj.ersjournals.com/content/26/5/853.short>)
- Link: <https://www.livingwellwithcopd.com/en/about.html>

### 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>

### myCOPD

myCOPD is an online/app based resource to support patients to self-manage their condition and facilitate the delivery of pulmonary rehabilitation as part of a digitally enhanced service delivery model. Over 50% of CCG areas across NHSE already have access in place to licences funded by NHSE. If anyone is unsure about how to get access they can e-mail the my mhealth Rehabilitation Lead Jane Stokes [Jane.Stokes@mymhealth.com](mailto: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>

### 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](https://www.lifeguidehealth.org/player/play/breathe_land_v1)

### **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](mailto: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.