

HAWKE'S BAY DISTRICT HEALTH BOARD	Manual:	Clinical Practice Guidelines
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Pulmonary Long Term Management	Approved:	Director of Nursing – Hospital
	Signature:	Chris McKenna
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PURPOSE

To provide guidelines for clinical staff in relation to the purpose and process of Pulmonary Long Term Management provided for patients with respiratory conditions by the Hawke's Bay District Health Board ("HBDHB").

PRINCIPLES

- **Pulmonary Long Term Management** is a multi-dimensional continuum of services for people diagnosed with pulmonary disease and their whānau/families. This is provided by an interdisciplinary team of specialists, general practice and community services with the goal of achieving and maintaining the individual's maximum level of independence and functioning, leading to increased health literacy, self-management and exercise tolerance.
- **Pulmonary Rehabilitation** is an intervention of Pulmonary Long Term Management. It aims to reduce symptoms, improve quality of life, and increase physical and emotional participation in everyday activities, whilst diminishing the healthcare burden.
- **Pulmonary Rehabilitation** is the standard of care for patients suffering from Restrictive and Obstructive Pulmonary Disease. It has been carefully evaluated in a large number of clinical trials and is considered best practice for non-pharmacological treatment.
- **Pulmonary Rehabilitation** is provided in multiple settings including gyms, aged care facilities, mental health support facilities, community settings, at home and in the hospital.

SCOPE

Any health care professionals providing care for patients/clients with respiratory disease.

REFERRALS

Referrals completed on a Community Nursing Referral form are faxed to the HBDHB Community Nursing Service (06 878 1310) and can come from any health care professional. Questions can be answered by emailing Pulmonarymanagement@hbdhb.govt.nz

Patient Selection Criteria for Pulmonary Rehabilitation

- COPD (spirometry result = FEV1 <80% of predicted and FEV1/FVC ratio <70%).
- Diagnosis of restrictive or obstructive disease, ideally with lung function test
- Diagnosed respiratory disease with upcoming surgery which will require breathing control or anaesthesia.

Exclusions

Myocardial infarction within four weeks/unstable angina/uncontrolled hypo/hypertension, cataract surgery within the last four weeks.

Other Considerations

Severe arthritis or locomotor problems/dementia/unstable psychiatric illness.

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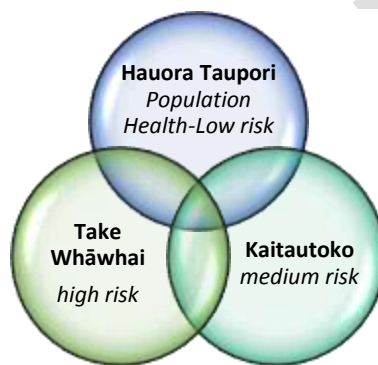
PATIENT INFORMATION

Patients being referred should be given an explanation of the programme along with the Pulmonary Rehabilitation pamphlet. They are to be advised they will be contacted by someone from the Pulmonary Long Term Management Team, post discharge for assessment for the programme.

STAFF RESOURCES

Further information/advice can be obtained from the Pulmonary Long Term Management Services.

- Pulmonary Long Term Management Pamphlet
- Community Nursing Referral Form
- Physiotherapy Resource Folders



STRUCTURE AND COMPONENTS OF THE PROGRAMME

Assessment prior to commencement of the programme involves triage, symptom review, health literacy education, goal setting and referrals.

Three levels of support

- Hauora Taupori / Population Health - Take Whāwhai kore' / Low risk: Assessment and d/c back to general health care practitioner for ongoing support.
- Kaitautoko / Supportive - Take Āhua Whāwhai / medium risk: Assessment and Pulmonary Rehabilitation
- Take Whāwhai / high risk: Assessment and increased interventions. One on one Pulmonary Rehabilitation.

Ten-week outpatient group Pulmonary Rehabilitation programmes involving two sessions per week of individualised exercise prescription, education and support.

Programmes available in Napier, Hastings, Taradale, Flaxmere, Havelock North, Wairoa and Waipukurau, and are provided by an interdisciplinary team.

Individualised programmes are considered when there are barriers to attending a full community programme and are provided by the Pulmonary Long Term Management team.

Patient evaluation is through assessment of a six minute walk test, quality of life questionnaire, and hospitalisation presentation rate. (Pre and post programme). Programme evaluation through questionnaire.

Support is ongoing, provided by the Pulmonary Long Term Management team and other services.

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KEY WORDS

COPD
Chronic
Chronic Obstructive Pulmonary
Pulmonary
Pulmonary Rehabilitation



BORG SCALE

- | | |
|-----|--|
| 0 | No Breathlessness at all |
| 0.5 | Very Slight (just noticeable) |
| 1 | |
| 2 | Slight Breathlessness |
| 3 | Moderate (faster and deeper but able to talk in short sentences) |
| 4 | Somewhat Severe |
| 5 | Severe Breathlessness |
| 6 | |
| 7 | Very Severe Breathlessness |
| 8 | |
| 9 | Very Very Severe (almost maximum) |
| 10 | Maximum |



Your Name:

Today's Date:

For each item below, place a mark (X) in the box that best describes you currently. Be sure to only select one response for each question.

Example: I am very happy 0 1 2 3 4 5 I am very sad

			SCORE
I never cough	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I cough all the time	<input type="text"/>
I have no phlegm (mucus) in my chest at all	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	My chest is completely full of phlegm (mucus)	<input type="text"/>
My chest does not feel tight at all	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	My chest feels very tight	<input type="text"/>
When I walk up a hill or one flight of stairs I am not breathless	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	When I walk up a hill or one flight of stairs I am very breathless	<input type="text"/>
I am not limited doing any activities at home	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I am very limited doing activities at home	<input type="text"/>
I am confident leaving my home despite my lung condition	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I am not at all confident leaving my home because of my lung condition	<input type="text"/>
I sleep soundly	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I don't sleep soundly because of my lung condition	<input type="text"/>
I have lots of energy	<input type="radio"/> 0 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5	I have no energy at all	<input type="text"/>
			TOTAL SCORE <input type="text"/>