

## Referral for Assessment for Pulmonary Rehabilitation NHS Wakefield CCG

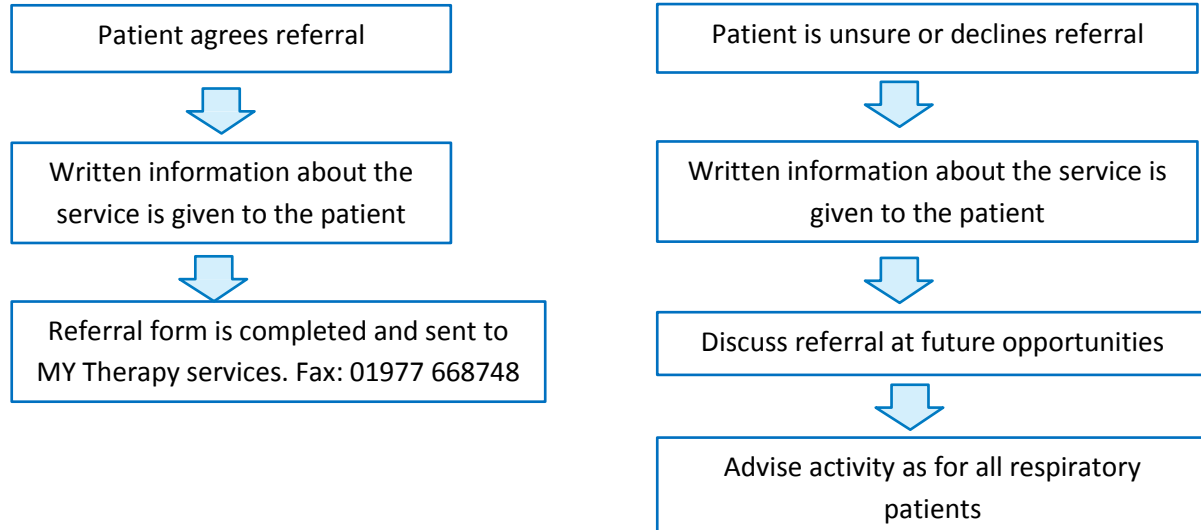
### All patients with a confirmed Respiratory diagnosis

Encourage physical activity 5x a week for 30 minutes, exercise at a level of moderate breathlessness (walking, swimming or cycling)

### Discuss referral to formal Pulmonary Rehabilitation Programme

All patients:

- Who consider themselves functionally disabled by breathlessness (Physical activity and at least a level of moderate breathlessness, usually people with an MRC score of 3 or more)
- With an MRC score of 2 who are symptomatic and disabled by their condition, and who require a health care professional assessment and supervision of exercise training, rather than simple advice on lifestyle changes (i.e. not universally to everyone with an MRC score of 2)
- Who have either recently had an exacerbation of COPD requiring a hospital admission or whose functional baseline has significantly altered and is not following the expected recovery path
- Patients must be motivated to attend and motivation should form part of the assessment



### GENERAL ADVICE

- Prior to commencing patients on oxygen or nebulised therapies the patient must be assessed by the respiratory team via a routine referral. There is no urgency to commence patients on these therapies to manage stable illness
- The service does accept referrals for patients requiring oxygen therapy
- Patient transport is available to attend the Pulmonary Rehabilitation classes for, those patients who have difficulties using public transport, or for those who do not have access to private vehicle
- Information leaflet for patients and referral form available from CCG Intranet Skyline (include address)

FOR FURTHER DISCUSSION PLEASE CONTACT: MY Therapy office one: 01977 747471 for information/advice or Email: [Alison.coe@midyorks.nhs.uk](mailto:Alison.coe@midyorks.nhs.uk)

## References

COPD Commissioning Toolkit Service Specification Pulmonary Rehabilitation August 2012 <https://www.gov.uk/government/publications/commissioning-toolkit-for-respiratory-services>

NICE COPD Quality Standards <https://www.nice.org.uk/guidance/gs10> Updated Feb 2016

Global Strategy for Diagnosis, Management, and Prevention of COPD – 2016 <http://goldcopd.org/global-strategy-diagnosis-management-prevention-copd-2016/>

Chronic obstructive pulmonary disease Management of chronic obstructive pulmonary disease in adults in primary and secondary care <https://www.nice.org.uk/guidance/cg101>

An outcomes strategy for people with chronic obstructive pulmonary disease (COPD) and asthma in England <https://www.gov.uk/government/publications/an-outcomes-strategy-for-people-with-chronic-obstructive-pulmonary-disease-copd-and-asthma-in-england>

### Enquiries to:

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### Group responsible for development:

NHS Calderdale, NHS Greater Huddersfield, NHS North Kirklees and NHS Wakefield CCG. Cross cluster respiratory group in collaboration with The Mid Yorkshire Hospitals NHS Trust and Calderdale and Huddersfield Foundation Trust