

PULMONARY REHABILITATION

**G.P.
Information
Leaflet**



HSE



What is Pulmonary Rehabilitation?

- 6-8 week supervised exercise-based programme and self-management education for patients with COPD and Asthma
- Exercise is prescribed and tailored to the patient based on a comprehensive assessment.

What are the benefits for my patients with COPD & Asthma?

- Improved exercise capacity
- Reduced breathlessness
- Improved quality of life



How can GPs refer?

Use the E-referral for your local Chronic Disease Hub.

Who is Pulmonary Rehabilitation suitable for?

- Patients with a confirmed diagnosis of COPD (via spirometry) or Asthma.
- Patients with breathlessness of mMRC level ≥ 2 despite optimal medical management (as in the CDM programme).
- Patients can be referred at any time following their diagnosis once they are established on their inhalers.
- Referral is also encouraged following a hospital admission with an exacerbation of COPD.



Modified Medical Research Council (mMRC)

Dyspnoea Scale

Grade 0:

"I only get breathless with strenuous exercise"

Grade 1:

"I get short of breath when hurrying on the level or walking up a slight hill"

Grade 2:

"I walk slower than people of the same age on the level because of breathlessness or have to stop for breath when walking at my own pace on the level"

Grade 3:

"I stop for breath after walking about 100 yards or after a few minutes on the level"

Grade 4:

*"I am too breathless to leave the house"
or "I am breathless when dressing"*

**For further information on
Pulmonary Rehabilitation
scan the QR code**

