

Lungs in Action by Telehealth Position Statement

Version 1 : 19/08/2020

Purpose

In alignment with the Lung Foundation Australia (LFA) Quality Assurance Policy, this position statement defines the mandatory compliance required for the commencement of the Lungs in Action (LIA) classes via Telehealth real-time video conferencing. The procedures outlined are designed to ensure the safety of class participants, and the LIA instructors supporting them.

In developing this position statement, Lung Foundation Australia has sought the advice of its COVID-19 Expert Working Group, state health departments, and recognised Australian pulmonary exercise professionals.

Scope

This position statement applies to current LIA instructors across Australia and classes which were in operation (having met previous compliance requirements) prior to the COVID-19 pandemic and closure of Lungs in Action classes. It defines a new service delivery through Telehealth for **eligible** instructors, whilst face to face community classes continue to remain on hold.

Rights and Responsibilities of Lung Foundation Australia

Lung Foundation Australia acknowledges that the COVID-19 pandemic continues to evolve with cases of community transmission now occurring in VIC and NSW. Lung Foundation will continue to monitor the status of the COVID-19 pandemic and commits to seeking advice from state health departments, its COVID-19 Expert Working Group and Board of Directors regarding the provision of LIA classes and other face to face services. Lung Foundation Australia reserves the right to modify the Lungs in Action intent to prove Telehealth position statement at any time in response to advice received.

Lung Foundation Australia commits to appointing a Project Manager as the main contact for LIA instructors who is equipped to take and respond to instructor inquiries. On behalf of Lung Foundation Australia, the Project Manager will communicate regularly with LIA instructors to ensure they have access to adequate information and clear direction on the safe provision of Lungs in Action classes in Australian states and territories. The main channel for communication with instructors will be via email: lunsinaction@lungfoundation.com.au.

Lung Foundation Australia commits to developing evidence-informed compliance standards and implementation procedures to support the safe provision of Lungs in Action classes for people living with lung conditions. In the first instance, this includes a **Lungs in Action Instructor Telehealth Acknowledgement form** deployed via the Lung Foundation Australia website for completion by LIA instructors.

Rights and Responsibilities of Lungs in Action Instructors

LIA Instructors are to acknowledge that the LFA will be monitoring the situation weekly, and immediate changes in response to health advice may therefore occur.

Each individual LIA instructor will be required to review this position statement and acknowledge via the **'Lungs in Action Instructor Telehealth Acknowledgement form'** if they wish to provide LIA via this new medium.

LIA instructors must understand current restrictions pertaining to their jurisdiction and will maintain their knowledge of Government advice as it relates to conduct of LIA classes.

Implementation of Telehealth to support alternative LIA service delivery

For the purpose of this document LFA defines telehealth as real time videoconferencing where the instructor has the ability to observe the LIA participant via video and provide feedback and support. Telephone support services are excluded.

LFA acknowledges that in the current absence of face to face community LIA classes, an alternative model of care in the form of telehealth is important to supporting the physical health and wellbeing of current participants.

LFA acknowledges that some LIA Instructors are appropriately trained and equipped to provide LIA services by telehealth.

All LIA Instructors wishing to provide telehealth services under this short-term response model must successfully lodge a **'Lungs in Action instructor Telehealth Acknowledgement form'** and agree to (satisfy) the compliance points outlined below.

LIA instructor compliance practices to provide LIA via telehealth encompass the below:

- ✓ Revision and acknowledgement of the Lungs in Action & Telehealth position statement.
- ✓ Agreement that LIA classes may only commence via telehealth upon obtaining a 'confirmation of commencement email' from LFA proceeding lodgement of the online form.
- ✓ Acknowledgement that face to face LIA classes remain closed as per the advice of the Lung Foundation Australia Board. This advice will be reviewed in October 2020.
- ✓ Understanding that failing to adhere to the Lungs in Action & Telehealth Position Statement may result in review of my affiliation with the Lungs in Action Program and subsequent ability to use the Lungs in Action brand in promotions and materials.
- ✓ The Instructor acknowledges and abides by the definition of telehealth as described above.
- ✓ The Instructor will provide Lung Foundation Australia with reasonable proof that they have adequate insurance to provide LIA services by telehealth.
- ✓ The Instructor must already have experience in, and already be providing a telehealth real time video-conference service as a part of their wider service provision as an exercise professional.
- ✓ Telehealth services must be in line with the Instructor's scope of practice and applicable industry peak bodies standards including [Exercise and Sport Science Australia](#), [Fitness Australia](#) and the [Australian Physiotherapy Association](#).

- ✓ Instructors have reviewed their relevant accrediting body Telehealth pages: ESSA [here](#) , APA [here](#), Fitness Australia [here](#).
- ✓ The Instructor acknowledges that Lung Foundation will not be providing any funding or financial support to provide telehealth service provision.
- ✓ Both the participant and the instructor must know how to use the video-conferencing equipment and a test call must occur prior to the first class. (Should training be required for participants this must be provided by the instructor).
- ✓ Lung Foundation is unable to provide training on use of telehealth systems for either the Participant or the Instructor.
- ✓ Participants are required to have a support person present in the home during the session. The Instructor must confirm with each participant that a support person is present.
- ✓ New LIA class participants are ineligible to participate in LIA telehealth services.
- ✓ Only existing participants with a pre-existing LIA individually prescribed program in place are eligible.
- ✓ Maximum capacity of LIA class participants within the telehealth group at one time is 4 participants.
- ✓ LIA class participants must be exercising in a safe home-environment deemed safe by the Instructor through a virtual tour of the house in test call.
- ✓ The instructor must complete a pre-class reminders assessment checklist (as per the LIA manual heart failure and respiratory reminders (pages 66 and 86 in the Lungs in Action Training Manual – click here to [access](#).) with each participant prior to each class provided by telehealth as per the LIA Class Guidelines.
- ✓ The Instructor must commence LIA classes provided by telehealth with low intensity warm-up exercises as per the LIA Class Guidelines.
- ✓ The instructor must advise participants to cease exercise immediately if they experience any adverse signs or symptoms.
- ✓ The Instructor must have easy access to demographic and medical history information of participants throughout providing telehealth services
- ✓ Participants will be monitored both during and for 15 minutes after each telehealth LIA class to monitor for adverse side effects or events. Lung Foundation suggests that Instructors use this time to engage socially with Participants and to review general wellbeing.

Support & Assistance:

LFA asks that LIA instructors, or program coordinators that require assistance with the commencement of telehealth services outlined, or have questions pertaining to the content of this position statement please contact the Pulmonary Exercise Manager via email: lungsinaction@lungfoundation.com.au