



Australian PR Network Meeting August 2023

Meeting Minutes

Vaping and Tobacco Reforms: The 411

- Date:** Tuesday 1st August 2023
- Time:** 12:30pm to 1:30pm AEST
- Location:** Via Video or Teleconference
- Invitees:** All Pulmonary Rehabilitation Network Members
- Meeting Chair:** Professor Jennifer Alison (JA)
- LFA Reps:** Emma Halloran (EH)
- Video Recording:** [youtube.com/watch?v=vjMVT06zpXQ](https://www.youtube.com/watch?v=vjMVT06zpXQ)

Meeting Minutes

Welcome and acknowledgement to country

Jennifer Alison opened the meeting with an acknowledgement to country and a summary of the meeting agenda.

World COPD Day is on 15th November this year and the theme is "Breathing is Life – Act Earlier" to promote early interventions. Ruth Barker (a physio from the UK) is working with Russell Winwood (an athlete with COPD) to develop a strategy to showcase being active while living with COPD. A virtual world relay will be held on the day and they encourage you all to get involved. Classes are encouraged to join an online video conference where they will all be exercising together in an online community (pre-recorded footage could also be uploaded). More information to follow.

Please contact Jenny or Emma if you would like to get involved.
emmh@lungfoundation.com.au or jennifer.alison@sydney.edu.au

Vaping and Tobacco: The 411 View Slides [HERE](#)

Letisha Hatte from Lung Foundation policy and advocacy team provided an update on Vaping and Tobacco reforms.

On 2nd May the government announced 737 million to fund a number of measures to protect people against the harms of vaping and Tobacco products.

Vaping

There has been a massive increase in vaping use (1% in 2018 to 11.8% in 2022) within 14–17-year-olds. There has also been an increase in smoking rates for this group (from under 1% in 2018 to 6.7% in 2022).

Australia has ambitious goals of reducing the smoking rate to 5% by 2030 but research shows we are far from meeting this target.

Australia has confusing legislation around vaping products:



WA is the exception which does not allow the sale of nicotine or non-nicotine vaping products.

New reforms have been announced for non-nicotine vaping products:

- Non-nicotine vapes will be prohibited from importation and will be seized by border force. There is no set date yet for implementation.
- The sale and enforcement of vaping products is controlled by State & Territory (S&T) legislation.

Whilst vaping products cannot be imported the sale of non-nicotine vaping products remains legal.

LFA is advocating for:

- The implementation of these reforms
- S&T to ban sale of vaping products

- Enhance enforcement at border and retail sale
- Support for young people (education and cessation)



There has also been new reforms announced for Nicotine vaping products:

Nicotine vaping products

- require pharmaceutical-like packaging;
- reduce the allowed nicotine concentration
- ban all single use, disposable vapes
- Restricting flavours, colours, and other ingredients;

Tobacco

There has been significant investments from the government in tobacco control. These reforms will be funded by putting up the cost of tobacco.

QUITTING WILL IMPROVE YOUR HEALTH		QUITTING WILL IMPROVE YOUR HEALTH		QUITTING WILL IMPROVE YOUR HEALTH	
	Rothmans Cool Crush Blue Cigarettes 25's 25 Pack		Riverstone Rum Blend Roll Your Own 25g 25g		Winfield Flow Filter Gold Cigarettes 25's x 8 1 carton
\$36.50	\$42	\$53.95	\$62	\$460.80	\$529

There is a large focus on tackling smoking within indigenous groups. TIS is an Indigenous-led program of locally tailored tobacco control activities in communities.

Underpinning this work, The National Tobacco strategy has been launched. The tobacco strategy is a framework to guide action for tobacco control and there hasn't been one since 2018. The goal for the general population is quite ambitious considering that the daily rate was 16.1% in 2011-2012.

In addition to this, on 31 May the Draft Public Health Act was released which included further reforms including:

- Warnings and messages on individual cigarettes will be introduced.
- Menthol cigarettes will be banned along with other additives and advertising tag lines such as smooth, fresh burst and 2xtreme will not be allowed.
- The proposed law would also require tobacco manufacturers and importers to report on product volumes, marketing expenditure, R&D, and ingredients.

Lung Foundation PR Strategy Update

Emma Halloran provided an update on the National Pulmonary Rehabilitation strategy project.

A Think Tank session was held in May with members of the PR Network. The session validated the Key Action Areas providing insights into how to implement actions to support these priority areas. View a copy of the full meeting notes [HERE](#).

A survey was published on LFA community social media pages to gain feedback from consumers around their experiences and thoughts of PR. 66 responded to the survey and their feedback validated the key action areas in particular around image and awareness and access to services. 46% of respondents had not attended a PR program. Out of these, 37% could not attend as there was not a program in the local area or they were on a wait list. Of the 46% of respondents who had not attended a program, 29% confirmed it was because they had never heard of it. 3% did not think it would help them. 12% of respondents commented that they would be more likely to attend a program if funding were available. View the full report [HERE](#).



Lung Foundation have partnered with Monash University to run a national audit of PR services with the aim to characterize and describe the current national state of pulmonary rehabilitation service delivery. The survey is open until 11th August so please complete follow this link to complete if you haven't done so already: https://monash.au1.qualtrics.com/jfe/form/SV_0xsnXUWaSV2TCsu

Spotlight on QLD View slides [HERE](#)

James Walsh and Nadia Nestor from Metro North Health provided an update on the implementation of the QLD PR Network data collection.

COPD & Asthma account for over 5% of the total burden of disease in QLD.

As part of a project funded by Clinical Excellence, Queensland, a Statewide Pulmonary Rehabilitation Project commenced in October 2020 – June 2022 Nadia and James commenced a project to develop, implement and evaluate strategies to increase the capacity within Queensland PR programs to support the equitable access for chronic respiratory Patients.

This included the roll out of:

1. Telerehabilitation Framework & trial different Telerehabilitation Models of Care

- An evidence-based framework that supported and streamlined service provision and inform the ongoing delivery of quality virtual models of PR.

2. Co-ordinated approach towards updated Data reporting and systems

- Digital integration of Measuring Analysis and Reporting System (MARS) data collection with Power BI benchmarking platform and QHERS automated reporting system

3. Advocate and Support

- Active engagement with PR service providers and programs within the state-wide PR working group network.

Phase 1 (Oct 2020 to Jun 2021) outcomes included the development of a virtual rehab framework and a state-wide PR data collection. The implementation of a tele-rehab service reduced travel time of 8,704km and 114 hours, and travel-related cost saving of over \$6,266 for the initial 4 trial site participants.

Phase 2 (July 2021 to June 2022) outcomes included the development of a clinical implementation guide, 14/19 QLD programs transitions to virtual PR, an update to the state wide PR data collection (MARS), the development of endorsed quality indicators and a real time power BI dashboard.

Endorsed quality indicators included:

Program/Service Delivery:

- Referral to service within 90 days of receipt of initial referral – 80% achieved
- Comprehensive Assessment and Completion
- Program component

Clinical Outcome Indicators:

- Exercise Capacity Assessment – 6MWT and STS
- Health Related Quality of Life Assessment
- Dyspnoea Assessment
- Assessment of Nutritional Status (optional)

Data was collected using Measuring Analysis and Reporting System (MARS) which is an excel based form. The form has 5 pages and takes under 8 minutes to complete. An automated completion letter is generated within 24 hours of data submission. The responses feed into a state-wide PR dashboard which summarises outcomes from all services.

Phase 3 (July 2022 and onwards) The data collected will support further funding opportunities to address equity of access within regional and remote programs as well as refinements to the quality of data input.

A project manager drove the process and developed good relationships with the states PR programs which contributed significantly to the success of the project.

Update on UNITE Lung Cancer Research: Lara Edbrooke View slides [HERE](#)

Study 1 involved a Delphi study to develop a lung cancer rehabilitation core outcome set. Lara thanked everyone who participated in the study. There were 95 participants for the study and a clear consensus on six core outcome measures:

- Breathlessness
- ADLs
- Physical function
- HRQoL
- Emotional and mental well-being
- Pain

Study 2 will involve codesigning a lung cancer rehabilitation program in immunotherapy. Lara is now recruiting exercise health professionals and consumers to participate.

The study will involve, 1 individual zoom interview and/or 1-2 small group zoom workshops.

If you'd like to support this research and participate, please contact Lara at larae@unimelb.edu.au Tel (03) 9035 4213.

Questions

Q Is there anything similar in NSW (data collection) that anyone knows about?

A There is currently no State database for PR in NSW. The development of a national data collection mechanism will form part of the 2023 – 2026 pulmonary rehabilitation national strategy.

Meeting Close

Jenny thanked the speakers and asked the Network to get in contact with Emma if they had any topics, they would like covered in future Network meetings. One further Network meetings will run this year, in November 2023.

If you would like to register for the Australian Online PR Workplace Community of Practice, please complete this form: <https://forms.gle/F28cKd2MNVKFCaT66>