



## Australian PR Network Meeting April 2024

### Meeting Minutes

### TSANZSRS Highlights and PR Strategy Launch

**Date:** Wednesday 24<sup>th</sup> April 2024

**Time:** 12:30pm to 1:30pm AEST

**Location:** Zoom

**Invitees:** All Pulmonary Rehabilitation Network Members

**Meeting Chair:** Professor Jennifer Alison (JA)

**LFA Reps:** Hailey Fisher (HF), Mark Brooke (MB), Kristal Grainger (KG)

**Video Recording:** <https://youtu.be/lpOVLQJsbwU>

### Meeting Minutes

| Topic  | Documents |
|--|-----------|
| <p><b>Welcome and acknowledgement to country</b></p> <p>Jennifer Alison (JA) opened the meeting with an acknowledgement to country and a summary of the meeting agenda.</p> <p>Hailey Fisher (HF) has replaced Emma Halloran as the Pulmonary Rehabilitation (PR) Program Manager at LFA. Please email <a href="mailto:haileyf@lungfoundation.com.au">haileyf@lungfoundation.com.au</a> for any enquiries.</p> |           |

## TSANZSRS Conference

[Attachment 1](#)

TSANZSRS Conference was held March 2024. JA summarised the presentations on PR (see attachment 1).

View program agenda and abstracts:

<https://tcc.eventsair.com/QuickEventWebsitePortal/tsanzsrs24/program/Agenda>.

View poster presentation abstracts:

<https://tcc.eventsair.com/QuickEventWebsitePortal/tsanzsrs24/program/Agenda/AgendaItemDetail?id=d7d8b614-a378-448a-a153-756b22cc7efe>.



## PR Guidelines

JA summarised the updates to the American Thoracic Society Pulmonary Rehabilitation Guidelines (see Attachment 1).

6 PICO questions:

| Question   | Recommendation   | Strength of recommendation<br>Quality of Evidence |
|--|--|---|
| 1. Should adults with stable COPD undertake pulmonary rehabilitation?  | For adults with stable COPD, we recommend participation in pulmonary rehabilitation  | Strong<br>Moderate                                |
| 2. Should adults with COPD undertake pulmonary rehabilitation following hospitalization for an exacerbation? | For adults with COPD, we recommend participation in pulmonary rehabilitation following hospitalization for exacerbation of COPD              | Strong<br>Moderate                                |
| 3. Should adults with ILD undertake pulmonary rehabilitation?  | For adults with ILD, we recommend participation in pulmonary rehabilitation  | Strong<br>Moderate                                |
| 4. Should adults with pulmonary hypertension undertake pulmonary rehabilitation?                             | For adults with pulmonary hypertension, we suggest participation in pulmonary rehabilitation   | Conditional<br>Low                                |
| 5. Should adults with CRD undertake telerehabilitation?  | For adults with stable CRD, we recommend offering the choice of center-based pulmonary rehabilitation or telerehabilitation                  | Strong<br>Moderate                                |
| 6. Should adults with CRD undertake maintenance pulmonary rehabilitation?                                    | For adults with COPD, we suggest either supervised maintenance pulmonary rehabilitation or usual care after initial pulmonary rehabilitation | Conditional<br>Low                                |

Research needs in PR:

|  |   |
|--|---|
| <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Disease specific</b></p> <ul style="list-style-type: none"> <li>• PR for early stage COPD</li> <li>• Interventions to improve HCP referral to PR</li> <li>• Optimal PR timing post COPD exacerbation</li> <li>• Improving PR uptake post COPD exacerbation</li> <li>• Impact of PR on exacerbations for non-COPD</li> <li>• New exercise training strategies for ILD</li> <li>• PR for PH 2<sup>o</sup> to lung or left heart disease</li> <li>• PR for severe PH</li> </ul> </div> <div style="text-align: center;">  <p><b>PR models</b></p> <ul style="list-style-type: none"> <li>• Treatable traits approach to PR</li> <li>• PR for low and middle income countries</li> <li>• Culturally adapted PR models</li> <li>• Optimal model for maintenance PR</li> <li>• Role of physical activity promotion</li> <li>• Telerehabilitation after exacerbations</li> <li>• Telerehabilitation for non-COPD CRDs</li> <li>• Which PR model for which patient</li> </ul> </div> </div> <div style="margin-top: 10px;"> <p style="text-align: center;">Optimal program components, structure and duration</p> <p style="text-align: center;">Long term outcomes</p> <p style="text-align: center;">Cost effectiveness</p> </div> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Email <a href="mailto:haileyf@lungfoundation.com.au">haileyf@lungfoundation.com.au</a> if you would like to hear from any of the TSANZSRS speakers at a future PR Network meeting.</li> </ul> |   |
| <p><b>Lung Foundation PR Strategy Launch</b></p> <p>HF provided a progress update on the PR Strategy Framework. The Strategy is published and will be launched over the coming weeks. LFA is appreciative of the PR Network's contributions to this document and look forward to their involvement in shaping PR over the coming years.</p> <p>The PR Strategy focuses on four key action areas:</p> <ol style="list-style-type: none"> <li>1. Image and awareness</li> <li>2. Data and service quality</li> <li>3. Access</li> <li>4. Funding</li> </ol> <p><b>PR MSAC application</b></p> <p>Mark Brooke (MB) informed the PR Network that LFA will be postponing the submission of an MSAC application for community-based PR until mid-2025 in the lead up to the federal election.</p> <p>The previously submitted MSAC application in 2018 was not supported by government. Stronger evidence and explanation of</p>   | <p><a href="#">View PR Strategy Framework 2023 - 2026</a></p> |

|  |  |
|--|--|
| <p>the positive impact for the community is required. LFA will develop an advocacy campaign.</p> <p>State-based benchmarking is required to determine where service improvements can be made. It is important to have clinician and patient champions to lead improvements in access in the hospital setting.</p> <p>JA informed the PR Network that the Australian Commission on Safety and Quality in Healthcare COPD Clinical Care Standards will be released mid-late 2024. Quality Statement 5 outlines the importance of referral to pulmonary rehabilitation for people with COPD.</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Email <a href="mailto:haileyf@lungfoundation.com.au">haileyf@lungfoundation.com.au</a> if you would like to be involved in the implementation of the PR Strategy Framework with any specific interest areas.</li> <li>• Help share the PR Strategy Framework within your services and social networks.</li> </ul>  |  |
| <p><b>Lungs in Action</b></p> <p>Kristal Grainger (KG) informed the PR Network about Lungs in Action (LIA), LFA's community-based exercise maintenance program. There are currently 54 active classes nationally facilitated by a LIA accredited fitness instructor (minimum Cert IV Fitness required).</p> <p>See Attachment 2 for the LIA participant eligibility criteria.</p> <p>See Attachment 3 (page 2) for referring patients to LIA. Find a LIA class and complete the EOI form for patients:<br/> <a href="https://lungfoundation.com.au/services/?service_type=456">https://lungfoundation.com.au/services/?service_type=456</a></p> <p>LFA is working towards building the evidence-base for community-based exercise maintenance classes through a national minimum dataset.</p> <p><i>Questions:</i></p> <p>Q: What are the predictors of sustainable, successful LIA groups in regional and rural areas?</p> <p>A: Referral source for LIA programs is critical to program success. The program can also be provided online. To establish a LIA class, a mentor and local pulmonary or cardiac rehab provider is essential in supporting training LIA instructors. Remote mentoring can be established.</p> | <p><a href="#">Attachment 2</a></p> <p><a href="#">Attachment 3</a><br/>(page 2)</p> |

|   |                                     |
|---|-------------------------------------|
| <p>Q: How do we get the PR discharge summary to the LIA instructor?</p> <p>A: The LIA instructor will reach out to the referrer to obtain the required information and documentation once an EOI has been submitted through the LFA website.</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Email <a href="mailto:lunuginaction@lungfoundation.com.au">lunuginaction@lungfoundation.com.au</a> to establish a LIA maintenance program to complement your PR program, or to learn more about supporting LIA candidates as mentors.</li> </ul>   |                                     |
| <p><b>Other Business</b></p> <p><b>Big Baton Pass</b></p> <p>Ruth Barker (a physio from the UK) and Russell Winwood (an Australian athlete with COPD) are working together again this year to run the Big Baton Pass event on World COPD Day. A virtual world relay will be held on the day and they encourage you all to get involved. The aim is to have a PR class live streamed every 20 minutes across the world for 24 hours. More information to follow.</p> <p>Please send your EOI to HF.</p> <p><b>Monash University Recruitment Opportunity</b></p> <p>Casual employment opportunity for physiotherapists or physiologists (See Attachment 4).</p> <p>Please complete the EOI <a href="https://forms.gle/nkjqrCHSiEbwS8xFA">https://forms.gle/nkjqrCHSiEbwS8xFA</a>, or email Narelle at <a href="mailto:narelle.cox@monash.edu">narelle.cox@monash.edu</a>.</p> <p><b>Speaker presentation</b></p> <p>Professor Marilyn Moy - Pulmonary Rehabilitation and Physical activity in COPD Lecture.</p> <p><i>When?</i> Thursday 30th May 4.30-5.30 (AEST).</p> <p><i>Location:</i> Susan Wakil Health Building Lecture Theatre 207, University of Sydney and via Zoom <a href="https://uni-sydney.zoom.us/j/87042191481">https://uni-sydney.zoom.us/j/87042191481</a>.</p> | <p><a href="#">Attachment 4</a></p> |
| <p><b>Meeting Close</b></p> <p>JA thanked the speakers and Network for joining.</p> <p>If PR Network members have any topics they would like covered in future Network meetings, please contact HF.</p>   |                                     |