



## Australian Pulmonary Rehabilitation Network Meeting August 2024

### Meeting Minutes

**Date:** Wednesday 21<sup>st</sup> August 2024  
**Time:** 12:00pm to 1:00pm AEST  
**Location:** Zoom  
**Invitees:** All Pulmonary Rehabilitation (PR) Network Members  
**Meeting Chair:** Professor Jennifer Alison (JA)  
**LFA Reps:** Hailey Fisher (HF)  
**Video recording:** <https://youtu.be/1Plz8rSJsvM>

### 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><b>Lung Foundation PR Strategy</b></p> <ul style="list-style-type: none"><li>LFA launched the PR Strategy May 2024 with a media release and promotion through social media channels.</li></ul>	<p><a href="#">View PR Strategy Framework 2023 - 2026</a></p>

<ul style="list-style-type: none"> <li>• A promotional pack is available on our website. Help us share the PR Strategy through your networks to advocate for awareness of PR, increased access, and equity throughout Australia.</li> <li>• Hailey Fisher (HF) seconded to another LFA project until Dec 2024 four days per week. One day per week dedicated to PR enquiries and other essential PR business. Please continue to direct any queries to <a href="mailto:haileyf@lungfoundation.com.au">haileyf@lungfoundation.com.au</a>.</li> <li>• LFA are seeking funding opportunities to support implementation of the PR Strategy.</li> <li>• The Australian Commission on Safety and Quality in Healthcare is publishing the first COPD Clinical Care Standards in October. These standards will aim to ensure that people receive best-practice care for COPD, regardless of where they are treated in Australia. PR is included as standard five.</li> </ul> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• <b>PR Network members to email <a href="mailto:haileyf@lungfoundation.com.au">haileyf@lungfoundation.com.au</a> if you are interested in participating in working groups to implement the PR Strategy.</b></li> </ul>	<p><a href="#">and promotional pack</a></p>
<p><b>World COPD Day</b></p> <p><b>COPD Baton Pass</b></p> <ul style="list-style-type: none"> <li>• Russell Winwood (RW) updated the PR Network on the COPD Baton Pass for 2024.</li> <li>• Aim to raise awareness of COPD and other respiratory diseases, the effectiveness of exercise internationally and to provide resources to communities in need.</li> <li>• Target audience patients and health professionals.</li> <li>• Website for PR services to book a 20-minute timeslot: <a href="https://copdbatonpass.org/">https://copdbatonpass.org/</a></li> <li>• PR services can showcase their programs via Vimeo.</li> <li>• LFA have secured two 20-minute timeslots to share health professional and consumer resources and to invite consumers and health professionals to discuss the benefits of PR and challenges accessing PR.</li> </ul> <p><b>LFA COPD Consumer Advisory Committee</b></p> <ul style="list-style-type: none"> <li>• Naomi Fitzakerley (NF), a member of LFA's COPD Consumer Advisory Committee shared their experiences with PR and the challenges in accessing PR, including: <ul style="list-style-type: none"> <li>○ PR often available during the day, when people may be working.</li> <li>○ Delays in accessing PR in some locations, up to 18 weeks.</li> <li>○ Difficulty accessing PR due to rural/remote locations.</li> </ul> </li> </ul>	

<ul style="list-style-type: none"> <li>○ Lungs in Action is not always sustainable for health professionals and participants.</li> <li>● John Ruttle (JR), another person living with COPD shared their experiences with PR via email: <ul style="list-style-type: none"> <li>○ a very good program covering education and exercise that should never be stopped.</li> <li>○ Challenges with delays in allowing people to access PR and there are access inequities between programs nationally.</li> <li>○ Access to maintenance classes needed.</li> </ul> </li> <li>● COPD Consumer Advisory Committee interested in alternative models of care, including telerehabilitation.</li> <li>● Studies show telerehabilitation is as effective as in-person care.</li> <li>● Home-based PR resources shared: <ul style="list-style-type: none"> <li>○ <a href="https://homebaserehab.net/">https://homebaserehab.net/</a></li> <li>○ <a href="https://ptelerehab.com/">https://ptelerehab.com/</a></li> </ul> </li> <li>● iMaster Canadian and other international PR models available at a cost. However, Australian model would be more appropriate.</li> <li>● Sally Wootton shared Australian specific mobile PR program (2018). mPR app has been through a rigorous research program and the team have recently completed an RCT with equivalent results between centre- and mobile-based PR. The app is now available through Perx Health. The Perx-R model works directly with PR service providers to ensure the 13 essential components of PR are delivered. The costs are different per program and number of patients involved. Attendance at a PR program is required to complete a comprehensive assessment and identify patient rehabilitation needs and goals. Following assessment, the PR clinician sets up a personalised PR program through the Perx-R platform that can either be followed exclusively at home or as a hybrid with centre-based PR. LFA have supported this app and LFA resources have been embedded in the app.</li> <li>● Meeting attendees noted in the chat that they aim to offer flexible services for PR where possible. Difficulties still remain when trying to meet the needs of participants employed.</li> </ul> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>● <b>PR Network to email <a href="mailto:haileyf@lungfoundation.com.au">haileyf@lungfoundation.com.au</a> if your health service is interested in participating in an open discussion with consumers for the Baton Pass event.</b></li> <li>● <b>HF to add telerehabilitation resources to PR Toolkit.</b></li> </ul>	
<p><b>PR for Aboriginal and Torres Strait Islander Australians</b></p> <p><b>Work it Out rehabilitation program</b></p>	

- Cardiac and PR services run by the Institute for Urban Indigenous Health funded by Queensland Health. 5 locations in Queensland available.
- Referrals accepted through any health professional or community member. Can be completed alongside or referred from any other program participants may be attending.
- Opportunities for team connections, cross organisation knowledge, increase in community awareness, clinically and culturally safe pathways.
- Model is an 8-week program, run twice a week by a nurse, physio and Aboriginal and Torres Strait Islander Allied Health Assistant. The program includes:
  - yarning and movement,
  - education sessions from a variety of health professionals
  - supportive group environment,
  - client led based on goals and physical capacities, mindful of any comorbidities,
  - transport,
  - flexible entry and exit, and
  - supported plan beyond rehabilitation.
- In the last 12 months, 130 referrals for PR received, 70 assessments completed, 46 program participants, and 36 current/graduated clients.
- Other known First Nations PR programs within the Network:
  - Griffith – Murundhu
  - Aunty Jean's program with education sessions run by physiotherapists and nurses.

### **BE WELL Project resources**

- Breathe Easy Walk Easy Lungs for Life NHMRC/GACD funded project to implement evidence into practice to improve chronic lung disease management in Indigenous Australians.
- JA shared health professional resources developed:
  - Living well with COPD – current experience
  - Living well with COPD – opportunities
  - COPD – Look after your 'Lung Tree'
  - How to help people with COPD
- Resources for 'yarning' topics in a PR program:
  - How the lungs work
  - What can go wrong with the lungs
    - Chronic bronchitis and emphysema
  - Medications – how to use inhalers
  - Why exercise is important
  - Managing breathlessness
  - Healthy eating
  - Managing anxiety, depression, stress

<ul style="list-style-type: none"><li>• Artwork developed by community submitted through an artwork competition.</li><li>• Resources shared will be available on the PR Toolkit in the coming months.</li></ul> <p><b>Actions:</b></p> <ul style="list-style-type: none"><li>• Email <a href="mailto:katrina.ghidella@iuih.org.au">katrina.ghidella@iuih.org.au</a> to learn more about the Urban Indigenous Health PR program.</li></ul>	
<p><b>Questions and 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 email <a href="mailto:haileyf@lungfoundation.com.au">haileyf@lungfoundation.com.au</a>.</p> <p><i>Next meeting: Wednesday 20 November 12:00-1:00pm</i></p>	