



Australian PR Network Meeting November 2024

Meeting Minutes

Date: Tuesday 26th November 2024

Time: 12:00pm to 1:00pm AEDT

Recording: <https://youtu.be/UInFtEeTV-M>

Invitees: All Pulmonary Rehabilitation (PR) Network Members

Meeting Chair: Professor Jennifer Alison

LFA Reps: Hailey Fisher, Zoe Wilkinson

Meeting Minutes

Topic	Documents
<p>Welcome and acknowledgement to country</p> <p>Jennifer Alison (JA) opened the meeting with an acknowledgement to country and a summary of the meeting agenda.</p>	
<p>World COPD Day summary</p> <ul style="list-style-type: none">• LFA produced two videos for the Baton Pass event:<ul style="list-style-type: none">◦ LFA resources available for health professionals on exercise and COPD (watch video 1 from 2:00:30).◦ A panel discussion with JA, Hiu Sanu (health professional representatives) and John Ruttle (consumer representative) on PR (watch video 1 from	<ul style="list-style-type: none">• Baton Pass event• COPD Clinical Care Standards

<p>2:15:48). Discussion included questions submitted by LFA's COPD Consumer Advisory Committee.</p> <ul style="list-style-type: none"> • LFA hosted two webinars: <ul style="list-style-type: none"> ○ Webinar for patients and carers: Your COPD Checklist: 10 Steps to Better Care. ○ Webinar for health professionals: Introducing the COPD Clinical Care Standards - how does your practice measure up? • COPD Clinical Care Standards launch <ul style="list-style-type: none"> ○ Presentation on the COPD Clinical Care Standard launched on October 17. ○ PR listed as Standard 5. Standards state that a person with COPD is referred to PR and in the instance of hospitalisation due to exacerbation, program to commence within four weeks of discharge. ○ Standards aim to support the delivery of evidence based clinical care and promote decision making between patients, carers and clinicians. ○ Emphasis on reducing preventable hospitalisations through better primary care and pulmonary rehabilitation. ○ Importance of accessibility and culturally safe care for Aboriginal and Torres Strait Islander peoples. 	
<p>Support groups</p> <ul style="list-style-type: none"> • LFA's support group program and referral process for people living with a chronic lung condition and careers <ul style="list-style-type: none"> ○ Face-to-face programs ○ Online programs ○ Peer Connect phone program. • Run by a volunteer peer leader, people who are facing similar situations can engage together and share their lived experience. • Benefits include increased knowledge, support, self-confidence, and social connection. • LFA has experienced significant growth in program membership and enquiries by 158% in the last five years. <p>Actions: email zoew@lungfoundation.com.au if you have any questions or would like flyers for your health service.</p>	<ul style="list-style-type: none"> • Find a local support group and refer a patient
<p>Mobile pulmonary rehabilitation (m-PR)</p> <ul style="list-style-type: none"> • Australia's first mobile PR app to increase access to evidence based telerehabilitation. • Clinical trial results showing m-PR is as effective as centre-based rehabilitation. 	<ul style="list-style-type: none"> • Perx PR information sheet • Research article

<ul style="list-style-type: none"> • Features include personalised exercise programming with videos, education, goal setting, symptom tracking, and resources embedded in the app. Initial and post assessments, and weekly check in calls to be completed by health professional team. • Collaboration with Perks Health to scale and sustain the app. • Cost of the app will be individualised for each health service, depending on selected features and number of licenses. <p>Actions: email fiona@perxhealth.com to discuss partnership opportunities for your health service.</p>	
<p>Other business, questions and Meeting Close</p> <p>JA thanked the speakers and Network for joining. We hope you have a lovely festive season!</p> <p>If members have any topics they would like covered in future Network meetings, or have any questions, please email haileyf@lungfoundation.com.au.</p> <p><i>Next meeting: early 2025 date tbc.</i></p>	