Digital pulmonary rehabilitation delivered at scale and at home.

The first Australian-made digital PR platform has been validated through a clinical trial and commercialised.

It presents a new opportunity to help those with chronic respiratory disease in a significant way, from the comfort of their own home.

Learn how it could help your patients

Pulmonary rehabilitation improves outcomes, but barriers to uptake remain high.

For Australians living with chronic respiratory disease (CRD), hospital-based pulmonary rehabilitation (PR) is proven to improve symptoms, exercise capacity, quality of life, and reduce hospital admissions.

Despite these benefits uptake of PR is low, estimated at only 5-10% for people with moderate-to-severe COPD. This is due to limited program availability, access and transportation barriers (especially in rural areas), and poor patient engagement.

The solution is digital PR, grounded in behaviour science.

In response to these challenges, a consortium of leading CRD companies and research groups developed Australia's first digital PR platform, called "m-PR." This innovative solution enables people with CRD to complete PR in their homes using a smartphone or tablet.

A rigorous randomized control trial confirmed that m-PR is **as effective as traditional hospital-based PR in improving exercise capacity (6MWT) and reducing disease impact (CAT)** for people with COPD.

The commercial version of "m-PR," developed in collaboration with Perx Health, benefits from Perx's global expertise in patient motivation through behavioral science, as well as its robust capabilities in ensuring security, privacy, and accessibility in a healthcare setting.

NSW Government | Health Northern Sydney Local Health District

CSIRO

The University of Sydney

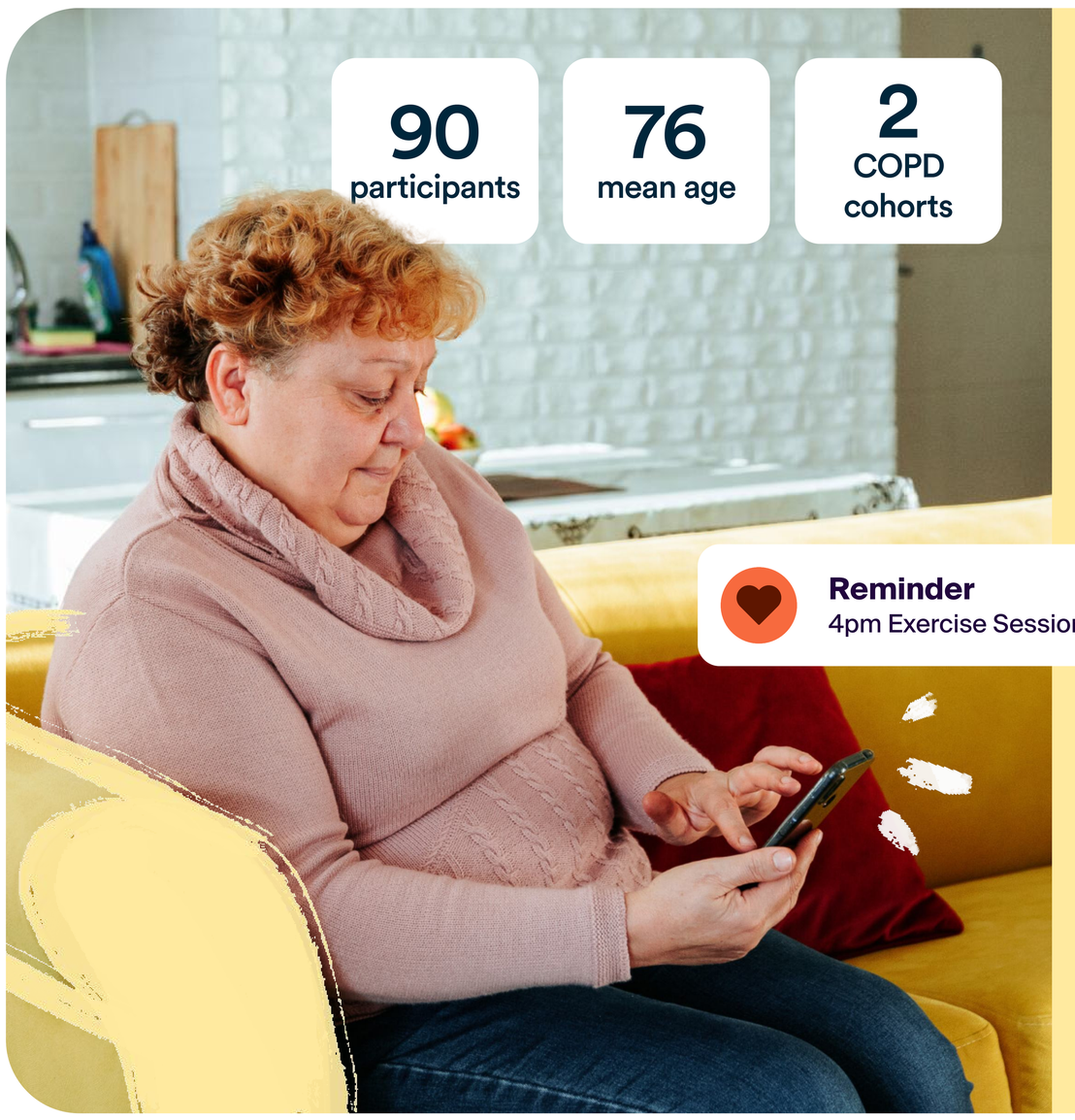
Lung Foundation Australia

perx health

Better Breathing Foundation

CAT Statistically superior outcomes to hospital-based PR

6MWT Equivalent outcomes to hospital-based PR



Home-based, digital PR results were validated by RCT.

The RCT examined the impact and experiences of two groups with COPD undertaking a hospital-based PR program versus at-home PR with the “m-PR” app.

The digital model of care included a centre-based assessment, followed by an 8-week program, weekly therapist calls, and then a centre-based reassessment.

The primary findings were:

- Statistically superior CAT scores for the “m-PR” group,
- Equivalence on the 6MWT,
- Similar completion rates across the two cohorts, and
- Greater program enjoyment for the “m-PR” group

A cost effectiveness study will be completed in 12 months exploring the effect on hospitalisations.

The commercialised design ensures the 13 essential components of PR are delivered.

The commercialised version of “m-PR” allows the clinician to personalise the program based on the needs of the patient.

These include:

- 8-week exercise program supported by video
- Video-based disease self-management
- Health coaching with in-app notifications
- Symptom and activity monitoring
- Goal setting and medication adherence
- Outcome measures through surveys
- Social platform for community support

The app is also highly motivating. Grounded in behavioural science, it leverages games, rewards, and challenges to create a multifaceted motivation strategy that adapts to the individual.

“I think your app is great. It’s like having a buddy there to help me manage my COPD.

It’s becoming a daily part of my life so thank you for this app. I love it.”

Perx Health User

The first Australian-made digital PR program is ready to launch.

To learn more about this at-home, digital PR program, and how it could be implemented with your chronic respiratory disease population, please contact Fiona Hammond at **fiona@perxhealth.com** or visit www.perxhealth.com.

perx health