



Guidelines for Safe and Inclusive Referrals to Pulmonary Rehabilitation

For use by all referring teams in North Central London.

Purpose: This guideline provides a structured approach to support safe, inclusive participation in Pulmonary Rehabilitation (PR) and to identify any reasonable adjustments or additional support required to maximise engagement. Information shared will be used solely for this purpose.

Aim:

1. **Equity and Inclusion:** All patients referred to PR are entitled to high-quality, person-centred care, regardless of background or complexity. This protocol ensures the appropriate support is in place for patients with additional needs.
2. **Safety:** PR is primarily delivered in a group setting and requires both psychological and physical safety. Please consider factors that may impact safe participation.
3. **Communication:** Referring teams should communicate relevant risks to the PR team to enable informed, supportive decisions making and the provision of appropriate adjustments.
 - Please provide key workers/support workers details, where appropriate.
4. **Consent and motivation:**
Before referring patients to PR, the referring team should:
 - Provide a clear explanation of what PR involves.
 - Share accessible resources (e.g., leaflets) to support understanding.
 - Explore the patient's motivation and readiness to participate.
 - Obtain informed consent for the referral.

Please consider and include the following information where relevant:

1. Is the patient on any formal **risk or safeguarding register** that the PR team should be aware of to support safe participation?
2. **History of Violence or Aggression:** Is there a known history of behaviour that could pose a risk in group settings?
3. **Substance Use:** Please discuss with patients the expectation that PR sessions are attended in a sober state. Flag any concerns so appropriate support can be considered.
4. **Other Known Risks:** Are there any other factors the PR teams should be aware of to support safe participation?

Ongoing Support: Any decisions regarding modifications to delivery, additional support, or alternative arrangements will be made collaboratively with referrers and relevant services.