

LET'S TALK ABOUT PULMONARY REHABILITATION

A step-by-step guide to introduce patients to pulmonary rehabilitation.

ASK



"How is your breathing affecting your everyday life?"

Purpose:

- Establish whether breathlessness is an issue for them and get a sense of what impact it is having in their everyday life
- Communicate with people in a way they can understand, use clear language, avoid jargon, and explain technical terms
- Ground the discussion in what is important to them

INTRODUCE



"We have a programme that could help you. Would it be ok if I told you more about it and I can support you to decide whether you would like to be referred?"

Key messages:

- Summarize the health problem and let your patient know that there are options to consider that can help them with their breathlessness – show empathy
- Ask their permission to discuss PR and how it might help

SHARED DECISION

- If the person chooses, involve family members, friends, carers, or advocates in the decision-making process
- Assess what the person already knows about PR - use this as an opportunity to establish their understanding, address any misconceptions or barriers
- Present what PR is and the pros and cons
- Ask if they have any additional questions or would like more information
- Check to see if your patient needs more time to consider the options or discuss them with others
- Confirm the decision with your patient when he or she is ready

Key messages:

- Don't force the issue – leave the door open, the decision can be revisited at any time
- Referral is available for free
- PR is effective, informative, teaches you how to overcome your breathlessness, where you meet other people like you and where you are, introduced to physical activity tailored to your ability

ACTIONS

1

Send the patient a link to [Asthma + Lung UKs information about PR](#) and other relevant educational materials, irrespective of their decision. Ensure that the materials are accessible.

2

Make the referral to PR if patient accepts, let them know what the next steps are **or** set a date for follow-up if the patient needs to think about the referral.

3

Note in patient's records any conversations about referral to PR.

4

Ask about attendance/interest at their next appointment and potentially deliver these steps again.