

#### 4.02 Interagency community exercise classes for COPD reduce healthcare utilisation

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**Background:** An interagency partnership involving the HSE and Dublin City Council launched Maintenance Pulmonary Rehabilitation (PR) to support clients with Chronic Obstructive Pulmonary Disease (COPD) to maintain levels of physical activity and health outcomes post completion of traditional PR. Fitness instructors undertake specific training on chronic disease to ensure exercise intensity is safe and effective. **Methods:** Review of clinical notes and interviews with 10 clients compared exacerbation rates, measured by unplanned visits to GP/hospital with respiratory symptoms, in the 12 months pre/post commencing. **Results:** 26% reduction in GP presentations with exacerbations of COPD; with total GP visits falling across the group from 34 to 25 visits. Hospital admissions dropped from 7 to 0 which lead to a significant cost benefit to the already burdened acute hospital system. **Conclusion:** The benefits of traditional PR are well researched but short-lived. Continuing exercise after PR is the client's responsibility but part of the health professional's role is to assist in behaviour change. This review shows that the availability of bespoke community exercise classes can reduce healthcare utilisation by bridging the gap between the medical model and self-management. **Conflict of Interest:** The authors declare that they have no conflict of interest.