

4.22 A Review of Prescribed Unsupervised Walking Exercise Programmes in Pulmonary Rehabilitation; a Service Development

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Background:

The British Thoracic Society (BTS) recommends pulmonary rehabilitation (PR) programmes include a third session of prescribed exercise, which can be unsupervised. In Tallaght University Hospital, supervised PR classes are provided twice-weekly. The aim of this project was to implement a plan for prescribed, unsupervised walking programmes. Objectives include reviewing the programmes and their impact on six-minute walk test (6MWT), COPD Assessment Tool (CAT) and modified medical research council (mMRC).

Methods:

Ten participants undergoing PR were selected to complete the programme. Based on their initial 6MWT, participants were prescribed a walking programme with a weekly goal and progressed gradually. 6MWT, CAT and mMRC were recorded at weeks zero and eight.

Results:

Four of the ten selected participants completed the programme. One participant reached the Minimal Clinically Important Difference (MCID) in the 6MWT, three in the CAT and one in the mMRC.

Conclusions:

Initial results suggest this is an effective option to meet guidelines. Limitations include the low number of participants in this study and time restraints. Therefore, further investigation into different forms of unsupervised exercise in this population is warranted.

Keywords:

Unsupervised exercise, pulmonary rehabilitation, COPD

Disclosure:

Conflict of Interest: The authors declare that they have no conflict of interest.