

# Casino Pulmonary Rehabilitation: The new self-management way!

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Program conducted by:

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# What is it?

- ▶ Pulmonary Rehabilitation model
  - ▶ Home Based
  - ▶ Flexible
  - ▶ Patient-centred
  - ▶ Self-management
  - ▶ Goals- based (client specific)
  - ▶ Holistic
  - ▶ Integration of care/ services

# Why did we decide to do this?

- ▶ Casino Physiotherapy Department has limited resources to support a traditional service based model.
- ▶ A self-management program has not been previously conducted in the NNSWLHD.
- ▶ Lessons learnt in Cardiac Rehabilitation models may have applications.

# What happened?

- ▶ The client attended the Physiotherapy Department for an initial and final Physiotherapy Respiratory Assessment.
- ▶ The client was engaged in a conversation with the clinician to develop an exercise program based on their past and current leisure preferences, with realistic and achievable goals able to be implemented in their environment.
- ▶ The client was invited to actively develop goals based on their lifestyle, and preferred activities where the chances of sustained behaviour change were enhanced.

# What happened?

- ▶ The Chronic Disease Management nurse met with the client in the clients home to monitor and review their exercise plan and revise goals.
- ▶ The CDM nurse maintained contact via phone on a fortnightly basis to monitor, coach and continue encouragement for 8 weeks.
- ▶ An education day was offered to deliver all the education components to the clients.
  - ▶ OT, SW, PT, Dietitian, Doctor, Pharmacist, Nurse Practitioner
- ▶ CDM Nurse completed a post winter (3-4months) review/ survey

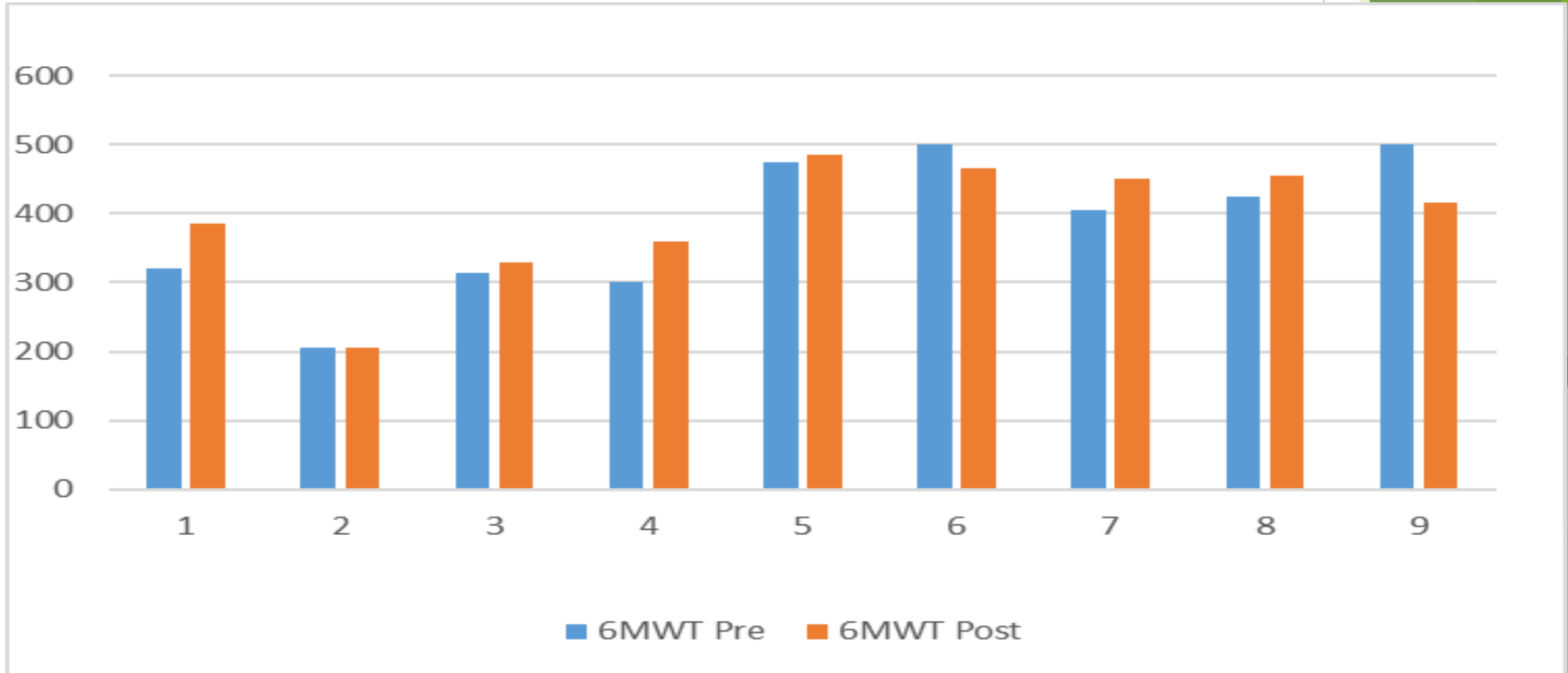
## What were the Results:

Program 1: April 2016

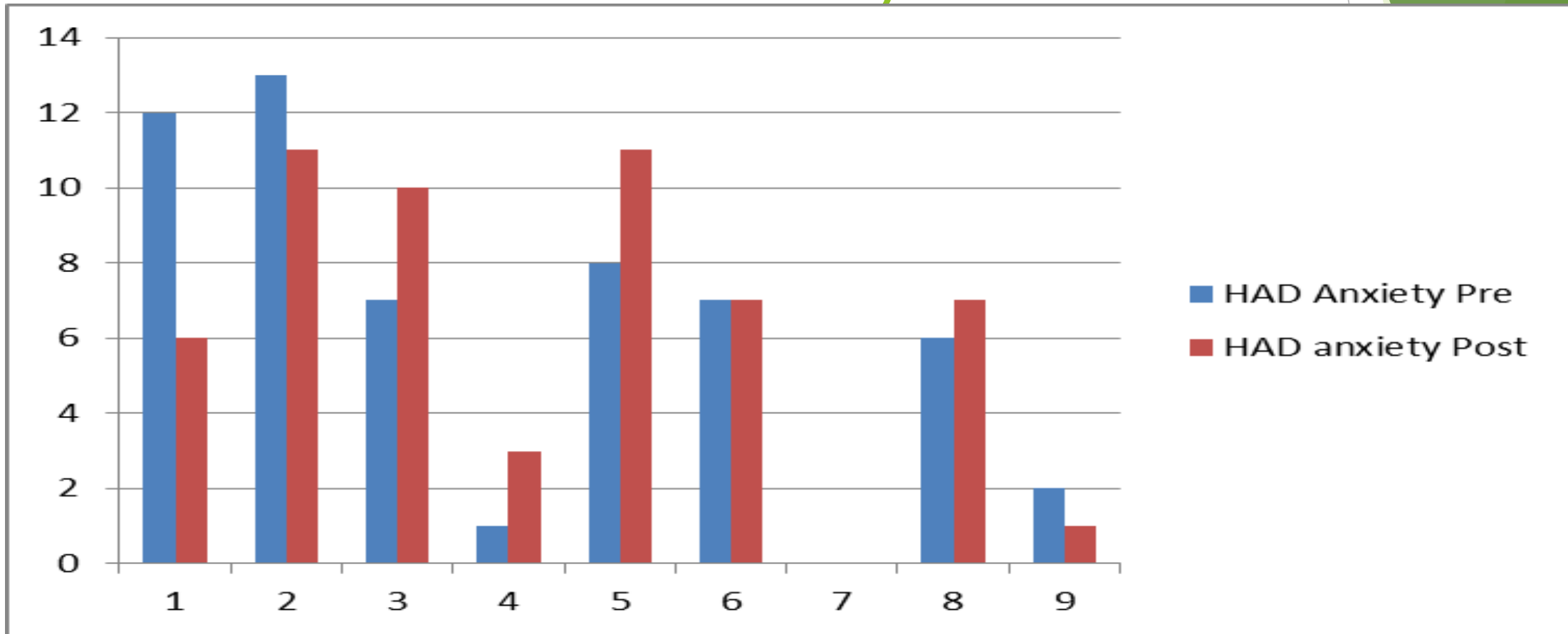
Program 2: September 2016

- ▶ Program 1: 9/13 completed the program= 69% completion rate
- ▶ Program 2: 10/11 completed the program= 91% completion rate
  
- ▶ Education Day
  - ▶ 8 clients attended

# What were the results? 6MWT

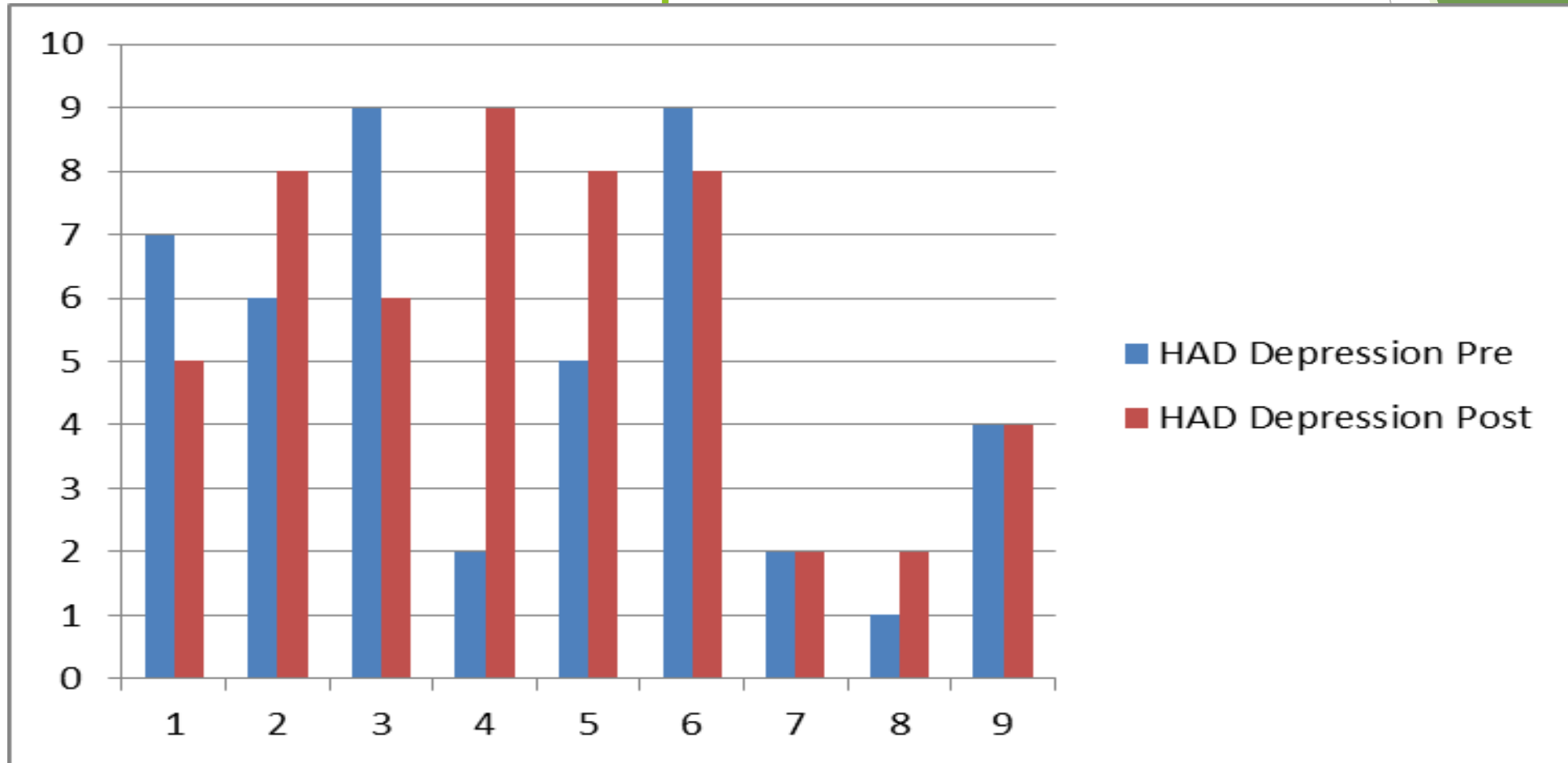


# What were the results? HADS for Anxiety

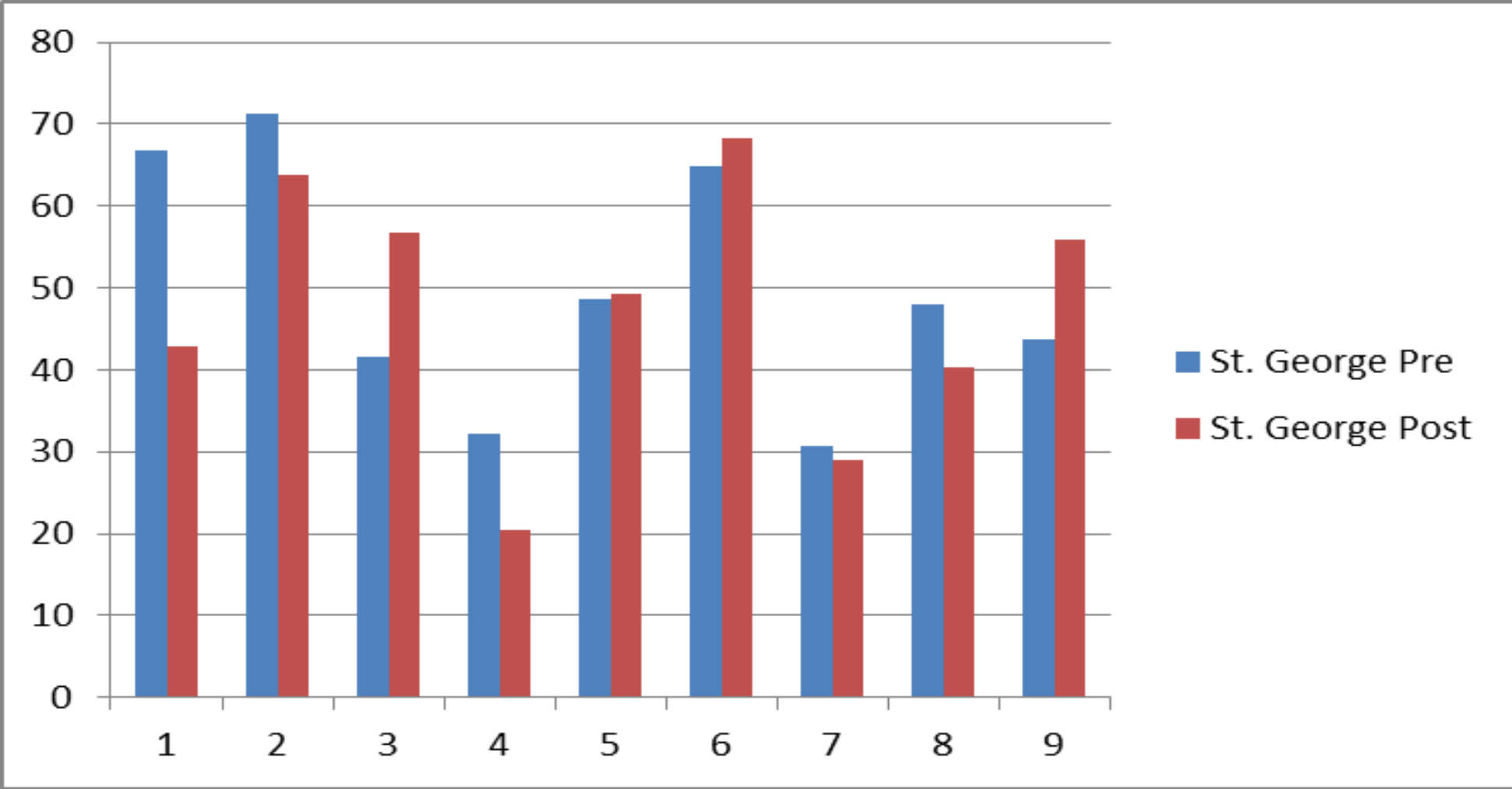




# What were the results? HADS for Depression



# What were the results? SGRO



# What were the results?

## Post winter review

*Have you continued with any exercise in the last 3-4 months post winter since completing the program?*

- ▶ 6/10 Clients stated that strongly agreed
- ▶ Comments:
  - ▶ *“Walking each day adding distance without getting breathless”*
  - ▶ *“Using my treadmill and feeling stronger less wheeze”*
  - ▶ *“Sometimes, remaining active as much as I can”*

# What were the results?

## Post winter review

*Did you feel by doing the Casino respiratory home based rehab program a help to you?*

- ▶ 6/10 Clients stated that strongly agreed
- ▶ Comments:
  - ▶ *"Not having to travel to groups all the time was great for me, able to exercise at home in my own time."*
  - ▶ *"Last year I was in hospital 6 times, not once this year- something worked"*
  - ▶ *"Less breathless and made me find an exercise I like and can achieve"*
  - ▶ *"Has encouraged me to be active and continue to walk"*

# Where to from here?

- ▶ Currently conducting 2<sup>nd</sup> Home Based Pulmonary Rehab program
- ▶ Changes from the first:
  - ▶ Physio performed all assessments in 2 weeks compared to 4 weeks
  - ▶ The Education day organized for earlier in the program
  - ▶ Joint home visit mid program with the Physio and CDM nurse

# Take Home Message

- ▶ 1. Client centered programs can be achieved with collaboration of different services working in unison
- ▶ 2. Traditional models of care and programs can be remodeled and changed and still produce favorable outcomes
- ▶ 3. Consistent review of the model delivery promotes continued quality improvement and greater clinical engagement

# Thanks!

- ▶ Program facilitators
  - ▶ Pamela Pavez: Casino Physiotherapy
  - ▶ Jacque Dalley: Chronic Disease Management
- ▶ Support from
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  - Jan Dilli & Lisa Beasley