

Pulmonary Rehabilitation Program



QUT's Exercise physiology and Nutrition and dietetics clinics join forces to offer a pulmonary rehabilitation program for patients diagnosed with Chronic Obstructive Pulmonary Disease (COPD).

The program consists of 10 one-hour individualised and supervised weekly exercise rehabilitation sessions including group education. All sessions are supervised by accredited clinical and academic staff with the involvement of fourth year exercise physiology and nutrition and dietetics students at QUT on work integrated learning.

Patients will undergo an assessment with exercise physiology before and after the 10 week exercise and education sessions, and will receive a home exercise program. Education sessions include topics such as breathing techniques, information on lung conditions and nutrition and healthy eating. Nutrition and dietetics individual consultations are also available. Results will be communicated to the patient, general practitioner (GP) and referrer.

Portable oxygen cylinders are available on site for those with oxygen prescriptions, and patients are welcome to continue in the service for maintenance exercise for as long as clinically necessary.

When referred by a GP on a GP Management Plan, the patient will incur no out-of-pocket expenses for the number of items indicated for each health professional. Assessments are \$45 per session or \$35 concession. Exercise rehabilitation sessions are \$100 for 10 one-hour sessions when paid in advance, or pay as you go for \$15 per session.

Contact

Phone **07 3138 9777**

Web **healthclinics.qut.edu.au**

Address **44 Musk Avenue, Kelvin Grove
QLD 4059**

Pulmonary Rehabilitation Overview

Disciplines: Exercise physiology and Nutrition and dietetics

Referring: Hospital service or general practitioner. Referral form available at www.healthclinics.qut.edu.au

Program format:

- Rolling (clients can begin at any time)
- 10x one-hour exercise rehabilitation followed by multidisciplinary education
- Initial and follow up exercise physiology consultations
- Optional individual consultations with nutrition and dietetics
- Supervised by accredited clinical and academic staff
- Participation by fourth year QUT students on work integrated learning
- Home exercise programming
- Communication of progress to referrer and general practitioner
- Optional maintenance classes

Cost:

- Exercise physiology and nutrition and dietetics consultations are \$45 or \$35 concession for each appointment
- Eligible clients referred by their general practitioner on GP Management Plan will incur no out of pocket expenses for exercise physiology and nutrition and dietetics initial and follow up individual consultations (suggested 2x exercise physiology and 2x dietitian)
- 10x one-hour exercise sessions followed by education are \$100 (\$10 per session)
- A pay-as-you-go option for \$15 per session is available

Oxygen: Portable cylinders are available on site for those with oxygen prescriptions

Assessment Items:

- Six minute walk test (6MWT)
- Peripheral oxygen saturation
- Oxygen saturation during 6MWT
- Dyspnoea score
- BODE Score [Body mass index, airway Obstruction (FEV1% predicted), Dyspnoea score (Modified Medical Research Council questionnaire), Exercise tolerance (6MWT)]
- St George Respiratory Questionnaire (quality of life)
- Timed up and go balance
- Hand grip dynamometry
- Satisfaction (on completion of program)

For additional information please contact reception on 07 3138 9777.

