

## NRAP Good Practice Repository – Pulmonary Rehabilitation

### Brent Community Respiratory Team Central London Community Healthcare NHS Trust



#### KPI4:

A written individualised discharge exercise plan is provided as  
part of discharge assessment

*Brent Community Respiratory Team achieved:*  
**85 % - 2022 -23 | 100 % - 2023-24\***

*\*% of patients submitted to the audit.*

*We have been able to improve the percentage of patients receiving a written individualised discharge exercise plan from 85% to 100% since 2022.*

#### Our processes to achieve good practice in KPI4:

Returning to face-to-face programmes has enabled the service to provide a more individualised exercise prescription and progression of patients' exercise programme during the course of the

#### PR Good Practice Repository – case study

National Respiratory Audit Programme

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programme. Patients are provided with an exercise diary with their individualised prescription, which they complete during the course of their pulmonary rehabilitation (PR) programme, with support from staff during the classes. The exercise diaries have an adapted home exercise plan included in the pack provided in class.

*Clearly documented evidence of patient progression on the class exercise sheets has enabled the final exercise prescription to be transcribed into the home exercise plan on discharge, which is given to the patient at their final exercise session.*

## Key changes / Staff and resources

Brent Pulmonary Rehabilitation team is part of Brent Community Respiratory Services. To deliver PR, the staff involved are:

- Band 8b 0.2 WTE
- Band 8a 0.3 WTE
- Band 7 Physio 1.9 WTE
- Band 7 Nurse 0.4 WTE
- Band 4 rehab and admin assistant 1.0 WTE

In 2022, Brent Respiratory Services received funding to develop our PR services, including resuming face-to-face programmes. Increasing our staffing afforded the time to review the existing paperwork as part of our plan to resume business as usual.

The use of the exercise diaries in the face-to-face programme was reviewed to ensure they were fit for purpose, including weekly exercise prescription review, to ensure patients were meeting their targets and prescriptions were being updated accordingly to demonstrate progression. Through doing this, the team decided to add a final home exercise sheet to the diary, detailing the exercises and prescribed weight, sets and repetitions accordingly.

The discharge home exercise plan is provided to the patient at their last class, so they leave with an exercise programme similar to one they have been doing in class, knowing the targets they have achieved, and they have an opportunity to continue this on discharge. The patient will be familiar with the exercises as they have been completing them in the classes.

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Brent is an area of relatively low socio-economic status, with many patients in social housing and a high rate of unemployment.

*There is an emphasis in Brent to ensure the exercises carried out in the programme are replicable at home without the use of costly equipment or a gym membership .*

*It is important to provide patients with the autonomy to continue on their journey of physical activity and self-management, without financial burden to them.*

Through developing the paperwork and attaching the individualised discharge exercise plan to the class exercise sheet, it is easy to complete and is automatically handed to patients on their last class, thus making this KPI achievable. Patients can see their progression through the course of the programme and will know that their discharge exercise has been personalised to their capabilities.

A new home exercise programme that was initiated during the pandemic has been continued as business as usual, for those appropriate patients who would otherwise not attend pulmonary rehabilitation. These patients are provided with an exercise programme to complete at home, which is reviewed weekly. These patients also receive an individualised written discharge exercise plan. Most patients on the home exercise programme have limited mobility or significantly reduced exercise capacity and will therefore have lower targets.

*It is essential to provide appropriate exercise prescriptions for these patients, and to promote a sense of achievement in their exercise progression, along with the confidence to continue these exercises independently on discharge.*