[](https://www.yorkhospitals.nhs.uk/)

**Pulmonary Rehabilitation and Respiratory Outpatients Service temporary re-design:**

Due to the COVID-19 pandemic all non-essential face to face outpatient clinics and classes are suspended in line with local and national guidelines, which is likely to continue into 2021 for our service. This is to prevent the risk of transmission and to keep patients and staff as safe as possible. It is expected that with this patient group, those with chronic respiratory disease, are at increased risk if face to face appointments and pulmonary rehabilitation sessions were resumed.

We have redesigned the pulmonary rehabilitation (PR) and specialist respiratory services to offer remote access for telephone clinic appointments and home-based pulmonary rehabilitation programme options for those who are referred for the foreseeable future.

Patients will be pre-assessed for safety and suitability via a telephone appointment where a specialist Physiotherapist will discuss chest clearance advice and explore the PR programme options.

We are offering our patients the following options for remote access pulmonary rehabilitation to ensure treatment remains accessible:

* British Lung Foundation exercise handbook with an education booklet - printed versions to be sent to patients without access to the internet
* British Lung Foundation online exercise videos and supporting printed education booklet - for those patients with access to the internet
* MyCOPD App registration - for those patients who can access online resources via smartphone or tablet

Please rest assured that each option will also involve weekly follow-up phone calls with a member of the PR team and individual advice and guidance, with access to specialist MDT clinicians, as appropriate. Post-assessment will take place via telephone on completion of the six week programme and a discharge summary sent as per our previous standards.

Patients who do not wish to access remote pulmonary rehabilitation are encouraged to be re-referred once we are able to resume face to face sessions in the future.

We are also able to offer telephone appointments for patients requiring advice for chest clearance problems who are medically optimised.

This change to the service will begin from 8th June 2020. This provision will be reviewed periodically and upon further national guidance becoming available.