

# Referral for Assessment for Pulmonary Rehabilitation

NHS Calderdale CCG, NHS Greater Huddersfield CCG, NHS North Kirklees CCG, NHS Wakefield CCG, Mid Yorkshire Hospitals NHS Trust and Calderdale and Huddersfield NHS Foundation



## All patients with a confirmed Respiratory diagnosis

Encourage physical activity 5 x a week for 30 minutes, exercise at a level of moderate breathlessness (walking, swimming or cycling)

## Referral Criteria Pulmonary Rehabilitation Programme

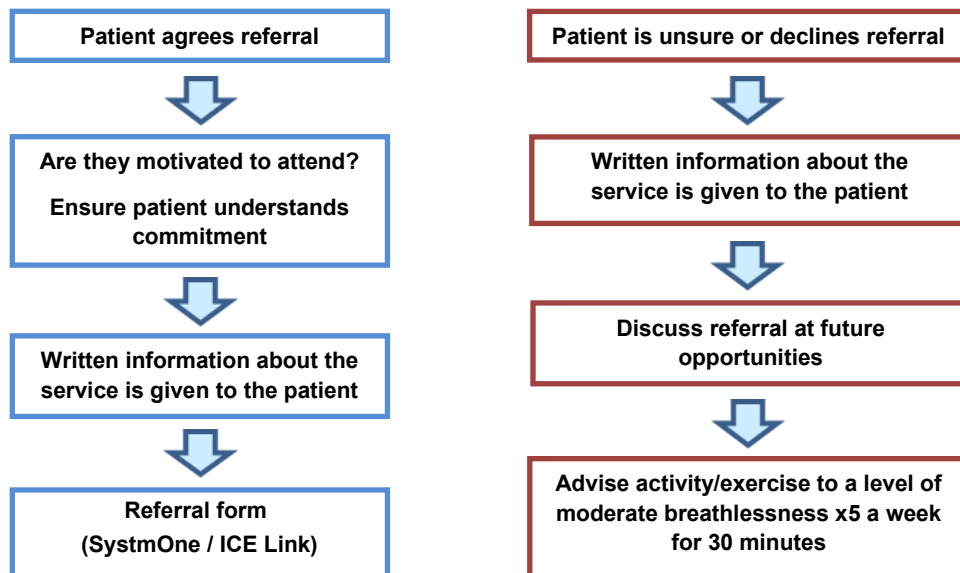
**Pulmonary Rehabilitation should be offered as the next step in treatment NOT an optional extra.**

All patients:

- Who consider themselves functionally disabled by breathlessness (Physical activity and at least a level of moderate breathlessness, usually people with an MRC score of 3 or more)
  - Now reinforced through QOF (Quality and Outcomes Framework) NM47 which measures: The percentage of patients with COPD and Medical Research Council (MRC) Dyspnoea Scale  $\geq 3$  at any time in the preceding 15 months, with a subsequent record of an offer of referral to a pulmonary rehabilitation programme
- With an MRC score of 2 who are symptomatic and disabled by their condition, and who require a health care professional assessment and supervision of exercise training, rather than simple advice on lifestyle changes (i.e. not universally to everyone with an MRC score of 2)
- Who have either recently had an exacerbation of COPD requiring a hospital admission or whose functional baseline has significantly altered and is not following the expected recovery path

## Important information for patients

- There are 2 sessions per week for 6 weeks providing individually tailored exercise and education in a group environment to empower improved self-management of their long term respiratory condition
- There are additional options for COPD patients available via the PR service e.g. an online app
- There are sessions at
- The benefits can last 2-3 years
- Patients may be re-referred 9-12 months after completion, or earlier, if significant deterioration has occurred
- Information for patients on benefits of PR is available at [link](#)



## GENERAL ADVICE

- Before referral, patients should receive optimal medical management.
- Prior to receiving oxygen therapy or nebulised therapy referral to Pulmonary rehabilitation should be considered as this may negate the need for these therapies.
- The service does accept referrals for patients requiring oxygen therapy  
Patient transport is available to attend the Pulmonary Rehabilitation classes for those patients who have difficulties using public transport, or for those who do not have access to private vehicle
- Information leaflet for patients and referral form available from [link](#)

For further information/advice contact: 01422 317084

#### References

COPD Commissioning Toolkit Service Specification Pulmonary Rehabilitation August 2012 <https://www.gov.uk/government/publications/commissioning-toolkit-for-respiratory-services>

Chronic obstructive pulmonary disease in over 16s: diagnosis and management July 2019 <https://www.nice.org.uk/guidance/NG115>

Global Initiative for Chronic Obstructive Lung Disease. 2019 Report. [https://goldcopd.org/wp-content/uploads/2018/11/GOLD-2019-v1.5-FINAL-04Nov2018\\_WMS.pdf](https://goldcopd.org/wp-content/uploads/2018/11/GOLD-2019-v1.5-FINAL-04Nov2018_WMS.pdf)

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