

# PULMONARY REHABILITATION

“in the community”

**NEW NEW NEW NEW NEW NEW NEW**



## **PULMONARY REHABILITATION “in the community”**

### **QUALIFICATION**

**ANOTHER NEW GOLD STANDARD COURSE**

### **COURSE DATES**

**18 - 20 Aug      STANLEY, Co Durham**

**COST £295**

**a.** P.O. BOX 159 DUNDEE DD1 9HF  
**t.** 0845 056 0260 (UK lo-call)    **f.** 01382 451163  
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**w.** [www.wrightfoundationresearch.org](http://www.wrightfoundationresearch.org)

# PULMONARY REHABILITATION “in the community”

## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS



### A MESSAGE FROM THE CHAIRMAN & FOUNDER OF WRIGHT Foundation Research

I take much pride in announcing the new WRIGHT Foundation Pulmonary Rehabilitation Course, Qualification.

“The world can have no boundaries in the quest for medical and rehabilitative answers and knowledge of the pulmonary disease. Using Pulmonary Rehabilitation research and working together worldwide, we can achieve continuing advancement for all.

Written, embracing the most current research findings from the UK, Europe and the USA. This new and gold standard course is written by leading researchers, consultants, exercise and sport medicine specialists, sports scientists and fitness professionals from WRIGHT Foundation Research.

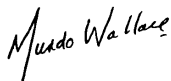
This course is endorsed for accuracy and content by leading pulmonary specialists from the UK, Europe and the USA.

This is a unique course. An initiative from the WRIGHT Foundation Research the First UK Pulmonary Rehabilitation Qualification course and is part of our ongoing Specialist Courses Qualifications development.

As is expected from the WRIGHT Foundation, client safety and wellbeing has been paramount in the compilation of this course.

Practical and research into the UK, European, USA Pulmonary Rehab systems have ensured this is the gold standard for Pulmonary Rehabilitation.

Yours in Pulmonary Rehab



Chairman & Founder  
WRIGHT Foundation Research

# PULMONARY REHABILITATION COURSE CONTENT

## A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS

### The Main Content

#### **The Value of Pulmonary Rehab**

- The value of Pulmonary Rehabilitation
- Pulmonary Rehabilitation in the UK
- What are the components of Pulmonary Rehabilitation?
- Who is suitable for Pulmonary Rehabilitation?
- The patient/client group
- Intervention and treatment

#### **Dyspnoea (breathlessness)**

- Mechanics of Breathing
- The effects of Pulmonary Disease on Respiration
- Dealing with Breathlessness

#### **Review of Anatomy and Physiology**

- Basic Respiratory System
- The Physiology of Respiration
- Control of Ventilation
- Basic Anatomy of Circulation

#### **Pathology and Systemic Effects of Pulmonary Disease and Co-morbidities**

- Pulmonary Disease
- Comorbidities
- Physiological Changes and Ageing

#### **Diagnostics**

- Spirometry
- Chest X Ray
- CT Scan
- Bronchoscopy

#### **Assessment for Pulmonary Rehabilitation “in the community” Programmes**

- Assessment in a Clinical Setting
- Assessment in a Community Setting

#### **Treatment and Management of Pulmonary Disease**

- Medications
- Delivery Systems
- Oxygen Therapy
- Other Interventions
- Coping with Exacerbations of Pulmonary Disease
- Overview of National Guidelines



# **PULMONARY REHABILITATION COURSE CONTENT**

## ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

The Main Content cont.

### **Exercise Physiology**

- Lung Ventilation and Exercise
- Muscle
- Systemic Nature of Pulmonary Disease
- Abnormal Nutrition and Weight Loss
- Hormones and Weight Loss
- Hormones and Growth Factors
- Central Nervous System

### **Exercise Prescription**

- Exercise Intensity
- Frequency
- Duration
- Method of Exercise
- Monitoring Exercise
- Point of Consideration
- Progression

### **Risk Assessment and Emergency Planning**

- General
- Cleanliness
- Environmental
- Pharmaceutical
- Oxygen

### **Motivation and Lifestyle Management**

- Stages of Change
- Communication Skills
- Self Efficacy

### **Scheme Management**

- From Start to Finish
- The Referral System
- National Quality Assurance Framework Document
- Register of Exercise Professionals Code of Ethical Practice



# **PULMONARY REHABILITATION COURSE CONTENT** **“in the community”**

## **A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS**

### **INTERACTIVE SESSIONS**

#### **Spirometry**

The most accurate way of differentiating between airway disorders and restrictive diseases. Candidates will perform spirometry to measure Forced Vital Capacity (FVC) and Forced Expiratory Volume (FEV1). Discussion of correct methodology to ensure accuracy and also hygiene protocols to meet statutory procedures.

#### **Exercise Testing**

Candidates will perform exercise test(s) appropriate to pulmonary patients such as :

- 6 minute walk test
- Incremental shuttle test

Candidates will also use supplementary tools such as the Borg Scale and Talk Test

#### **Behavioural Management**

Candidates will participate in a range of interviews using hypothetical patient profiles and spirometry graphs to discuss appropriate management.

#### **Peak Flow Meter**

Candidates will be made aware of the peak flow meter and its uses. Peak flow meters are used by patients to measure variation in lung performance and they are required to keep a diary for the treating clinician's reference. Pulmonary instructors should be aware of and encourage their clients to maintain their diaries.

**N.B. THE FOREGOING CONTENT DOES NOT REFLECT THE DEFINITIVE ORDER OF LECTURER DELIVERY**

**This course is Level 3. It will, subject to approval, be Register of Exercise Professionals (REPs) approved.**



# **PULMONARY REHABILITATION COURSE CONTENT**

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### ***A NEW ADVANCE IN EXERCISE REFERRAL TRAINING AND QUALITY STANDARDS***

#### **PRE-REQUISITES FOR CANDIDATES**

- **Candidates must have a REPS/SkillsActive Approved Exercise Referral Qualification e.g. WRIGHT Foundation or EQUIVALENT**

#### **ASSESSMENT**

The Course will be assessed in the following ways (all sections must be passed in order for the qualification to be awarded): ALL 3 days MUST be fully attended.

- a. Multi-choice Exam relating to Pre-Course Reading (day 1 of course) - Mark accounts for 10% of total marking
- b. A Multiple Choice end of course exam question paper - mark accounts for 15% of total marking
- c. Following the 3 day course you will be required to attend four x 2 hour sessions viewing Pulmonary Rehabilitation in a hospital over a maximum of five weeks
- d. Case Study Report to be completed and submitted no later than 08 weeks after the course is finished - mark accounts for 75% of total marking
- e. VIVA A verbal assessment based on the submitted case study, this will be conducted by telephone
- f. Pass mark is 75%

#### **BOOKING YOUR COURSE PLACE**

Should you wish to book a provisional place, telephone 0845 056 0260 (lo-call) and a place will be held for 48 hours to give you time to submit your application form.

Fill in an application form or print one from our website with all details requested including full details in the payment section.

Forward the application form to: WRIGHT Foundation, PO BOX 159, DUNDEE DD1 9HF.

A letter confirming your course place and full details will be sent to you on the day the completed application form is received.

Do not hesitate to contact the WRIGHT Foundation if you have any queries.



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AND QUALITY STANDARDS*



THE  
WRIGHT  
FOUNDATION  
RESEARCH  
**HEART - LUNGS - CANCER**  
ACTIVITY

Reg. Charity No. SC037179

