

10.11 VIRTUAL PULMONARY REHAB VERSUS PHYSICALLY ATTENDING PULMONARY REHAB IN A RURAL AREA.

Dr. John Kiely, Mary Osborne, Christina Tobin, Bryan Jacob, Filipe Afonso, Doireann O Donovan and Catherine O Hanlon.

Mallow General Hospital, Cork

In 2020, we started up a new Pulmonary Rehab(PR) programme for patients in North Cork, as with any new service there are challenges but COVID restrictions were in addition. Due to COVID 19 and public health restrictions the delivery of the programme had to change! In October 2020, 6 patients participated in Virtual PR using the Webex platform. The target population in North Cork is rural and a significant cohort of patients availing of the service are over 65, with limited IT literacy and access to internet. Unlike the city catchment area for PR, internet connection proved to be problematic but was overcome by the support of family, neighbours, landline telephone support and an exercise YouTube video and exercise booklet. Due to the HSE Cyberattack the second cycle of virtual PR had to pivot back to physically attending PR. Overall, the virtual programme displayed similar clinically significant outcome measurements to our physically attending PR programme. However, following a qualitative approach to data collection, the results indicated that the majority of patients preferred physically attending PR, except for a small number of participants. To conclude the patient's satisfaction survey was very positive for both programmes.

Conflict of Interest: None to declare