

## 2.10 Does an information talk prior to Pulmonary Rehabilitation improve completion rate?

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**Background:** One systematic review reported that the number of Pulmonary Rehabilitation (PR) drop-outs following pre-assessment ranged from 9.7% to 31.8% (1). Reasons include limited understanding and high symptom burden resulting in a belief that PR is of limited benefit (2). In an attempt to improve completion rates we introduced an information talk on PR prior to enrolment.

**Method:** This is a retrospective review of the Respiratory Integrated Care (RIC) PR database for the Dublin North West and Dublin North Central Hubs between April 2022 and July 2023. Data analysed included demographics, source of referral, diagnosis, disease severity, comorbidities and completion rates. Completion rate was defined as minimum of 50% programme attendance with post PR assessment done.

**Results:** Sixty-five patients attended our PR information talk; majority were COPD patients referred from acute hospital and RIC teams. We observed completion rates of 72% for those who attended versus 46% for those who did not attend the PR information talk.

**Conclusion:** Our data indicates that PR completion rates increased with the additional PR information talk prior to enrolment. Continuation of this educational talk is warranted as higher level engagement in PR is a proven effective intervention for patients with chronic respiratory disease.

**Key Words:** pulmonary rehabilitation (PR)

**Disclosures:** The authors declare that they have no conflict of interest.

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## References

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