

3.19 Establishing a Breathing Pattern Disorder clinic, a Respiratory Integrated Care physiotherapy experience.

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Background: There is increasing awareness across the field of respiratory medicine of the importance of breathing pattern disorders (BPD) as a cause of chronic breathlessness. The prevalence of BPD is estimated to be 8–10% of the general population, rising to 36% of asthmatics [1]. Our Respiratory Integrated Care (RIC) Clinic in Carlow/ Kilkenny recognised a group of patients with suspected BPD, not responding to medication. The need for a BPD clinic was identified.

Method: Physiotherapists undertook relevant training (Bradcliff Level 1). A BPD clinic proposal was developed. A clinical governance structure was agreed. The clinic began accepting referrals from an RIC Consultant.

Results: Physiotherapists achieved competency in BPD assessment and treatment. A BPD clinic was established. Preliminary data analysis showed 13 referrals. 100% of patients referred had symptoms consistent with BPD as per Nijmegen Questionnaire (NQ) scores. Data on the effectiveness of the treatment interventions is pending.

Conclusion: BPD treatment is a growing area of physiotherapy practice. BPD can be accurately identified when appropriate professional development by RIC staff is undertaken.

Keywords: Breathing pattern disorders, physiotherapy

Disclosures: None

Conflict of Interest: The authors declare that they have no conflict of interest

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