

### 5.03 Community Virtual Pulmonary Rehabilitation Advancements in the Mid-West.

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**Background:** Midwest Community Virtual Pulmonary rehabilitation (VPR) was launched in April 2022 offering alternative access to patients unable to attend conventional pulmonary rehabilitation (PR) <sup>1</sup>. The aim is to highlight the VPR advancements and the qualitative feedback from patients and staff.

**Methods:** 3 VPR programmes were conducted with 15 patients enrolled. The initial programme involved patients from Limerick. The service expanded to make VPR accessible across the Midwest, addressing patient transport barriers. A collaborative meeting was held; staff provided feedback and VPR procedures were advanced. Patient satisfaction questionnaires were issued and feedback collated on completion of VPR.

**Results:** Advancements: Expansion of access to VPR across the Midwest. Agreement reached across CHO3 on the documentation required to support VPR. Telehealth equipment provided by the local telehealth working group. Staff feedback sessions highlighted the importance of technological support for patients and initiatives were established. Patient Feedback: Patients that enrolled had expressed interest in VPR due to work commitments or lack of transport. VPR met their healthcare and physiotherapy needs.

**Conclusions:** VPR provides an alternative delivery method for a select cohort of patients. VPR has improved accessibility to patients in the Midwest. Patients required significant technological support.

**Keywords:** Virtual Pulmonary Rehabilitation

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

#### References

1. National Clinical Programme Respiratory, (2023), ‘Guidance for setting up a Virtual Pulmonary Rehabilitation Programme’, Version 4.