

7.20 Refreshments, Reminders and Rolling – The three R’s that led to better Rehab

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Background: Pulmonary Rehabilitation (PR) is one of the most cost-effective treatments for lung disease [1]. Research shows that 40% of those enrolled in a PR programme do not complete it [2]. From January to March 2023, only 50% of participants completed PR in the Carlow/Kilkenny area. The objective was to increase the completion rates of the local programme.

Methods: A literature review on how to improve PR attendance was completed and three feasible changes to service delivery were identified and implemented from March 20th 2023.

1. Serve refreshments
2. Send class reminders via text message
3. Deliver the class as a rolling instead of cohort programme.

Results: From April to June 2023, 18 of 24 (75%) participants completed the programme. This suggests a 25% increase in completion rates, when compared to January to March 2023.

Conclusion: As the changes implemented were effective, feasible and delivered at a low cost, they will continue. Completion rates over one year will be analysed to allow for other factors impacting attendance, including seasonal weather that can lead to increased exacerbations [3]. Further studies should explore if completion rates improve when interventions for factors which indicate low likelihood of completion, are provided.

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

References:

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