

## 5.12 Outcomes of a Pilot Virtual Pulmonary Rehabilitation Programme in a DGH

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**Background:** Pulmonary rehabilitation (PR) programmes are of benefit to patients with chronic respiratory disease. In order to prevent disruption of the PR service during the Covid-19 pandemic, we piloted a Virtual Pulmonary Rehabilitation (VPR) programme.

**Methods:** We ran a 6 week (2 sessions each week) programme consisting of aerobic and strength exercises and educational videos were sent to participants to view before each session. Participants were assessed pre and post-intervention.

**Results:** We audited the pilot VPR programme between October 2020 and March 2021. 48 patients completed the VPR programme questionnaire - 28 female and 20 male. Mean age was 67 years. 75% of patients had a diagnosis of COPD with the remainder having ILD. 32 patients (91%) found the virtual presentations clear with 97% finding them informative and 90% watched the educational videos before each session. Average MRC scores improved from 3.57 to 3.35. Only one patient would have preferred a face to face programme.

**Conclusions:** VPR offers an alternative method of accessing PR services for those who cannot access the face to face programmes. We will continue to offer this alternative programme to patients as the potential for future interruptions to healthcare services is very real.