

Bridge the Gap: Boosting Pulmonary Rehab Participation for patients with COPD



Benefits of PR for COPD patients

As COPD progresses, daily activities become increasingly difficult for those affected.



- Reduce dyspnea



- Improve health-related quality of life



- Improve exercise capacity



- Optimize functional status

- Lower health cost by enhancing self-management

- Reduce the likelihood of readmission by 56%

The problem: Low enrolment rate of Pulmonary Rehab (PR)

The national capacity of pulmonary rehab was estimated to accommodate
10,280
patients annually

Only
0.4%
of all Canadians with COPD,
and only
0.8%
of those with
moderate to severe
COPD have access to PR.



The Gap: Patients may not understand the seriousness of COPD or the effectiveness of PR.

The solution: Health Belief Model (HBM)

Using HBM to address the knowledge gaps and increase PR participation.



Susceptibility

Educate patients on the risks of untreated COPD, like increased hospitalizations



Severity

Explain how COPD limitations worsen without proper management, hindering daily life



Benefits

Highlight the improvements in exercise tolerance, breathing, and daily activities with PR



Barriers

Address concerns about program commitment, offering flexible scheduling and support systems within PR



Let's Help Patients Breathe Easier!

Please reach out to Cynthia Yuen RRT at cyuenr@gmail.com with questions about this program.

References

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