

BTS PULMONARY REHABILITATION COURSE

19th & 20th October 2006

Postgraduate Centre, Queen Elizabeth Hospital, Birmingham

The BTS Education & Training Committee are pleased to announce this two-day course on Pulmonary Rehabilitation which has been organised by Dr Clare Newall, Clinical Scientist, Queen Elizabeth Hospital, Birmingham, Mrs Elizabeth Walker, Respiratory Nurse Specialist, Queen Alexandra Hospital, Portsmouth and Mrs Brenda O'Neill, Physiotherapist Lecturer, Belfast City Hospital

The programme aims to cover the concepts of pulmonary rehabilitation so that delegates understand the following:

- ◆ The concepts and rationale for performing pulmonary rehabilitation in patients with chronic lung disease
- ◆ The role of the different components of pulmonary rehabilitation and the contribution of the multidisciplinary team
- ◆ The physiological principles of exercise training and exercise prescription
- ◆ The evidence base and methods of delivering different aspects of the education programme
- ◆ The requirements necessary to set up and run a pulmonary rehabilitation service

The main objective is to teach individuals the rationale and underpinning knowledge required to know and understand the principles, methods and practical performance of pulmonary rehabilitation. This should enable those that do not currently perform pulmonary rehabilitation to set up their own programme and those that currently are involved in the process to enhance their knowledge and possibly improve their own service.

This course is aimed at physiologists, physiotherapists, occupational therapists, respiratory nurses and any other health care professionals involved in or with an interest in pulmonary rehabilitation together with respiratory consultants or General Practitioners with an interest in pulmonary rehabilitation.

Maximum numbers: 60

Fees: £150 for BTS Members, £180 for non-BTS Members

PROVISIONAL PROGRAMME

DAY 1

09.30 – 10.00	Welcome and registration
10.00 – 11.00	Definition, history and rationale for pulmonary rehabilitation
11.00 – 12.00	Physiological effects of exercise training
12.00 – 13.00	LUNCH
13.00 – 14.00	Practical exercise training (prescription, methods of assessment)
14.00 – 15.00	Physiotherapy
15.00 – 15.30	COFFEE
15.30 – 16.30	Assessment of nutritional status/nutritional support
16.30	CLOSE

DAY 2

09.00 – 10.00	Workshops**
10.00 – 10.30	Education in pulmonary rehabilitation
10.30 – 11.00	COFFEE
11.00 – 12.00	Outcome measures
12.00 – 13.00	LUNCH
13.00 – 14.00	Selection of candidates and programmes
14.00 – 15.00	Role of the multidisciplinary team
15.00 – 15.30	COFFEE
15.30 – 16.30	Setting up a pulmonary rehabilitation programme
16.30	CLOSE

** Workshops to be based on different components of education programme and delivered by specialists e.g. occupational therapy, respiratory nurse specialist, physiotherapists. Suggestions for topics will be:

- smoking cessation
- self management/pacing/coping strategies
- occupational therapy
- social services

