CPD EVENT RECORD PULMONARY REHABILITATION

Recording:

Learning
by Oneself

with Kamaljit Saggu

This discussion covered the available rehabilitation services for patients with respiratory problems such as asthma and emphysema, although other conditions, including the consequences of Covid-19, would also benefit.

The standard programme lasts 12 weeks and is available through the NHS, but drop-out rates were said to be high. A number of reasons for this were proposed, including that it is free, so patients feel less motivated, and that it involves exercise, which might be a deterrent to those already in respiratory distress.



Evaluation, Reflection and Impact on Practice (this part of the certificate is not automatically generated - it has been entered by the participant)