

Hywel Dda University Health Board;

Hywel Dda; COPD +

Project Lead; Contacts; Lucie Whelan LDM for the South Pembrokeshire Cluster

Rationale; No information currently available

Project Details; Across Clusters; COPD+: The cluster agreed to support COPD+ out of 2015/16 slippage funding for 2015/16. The EPP plus exercise project aims to combine the EPP education class with an exercise class for COPD patients with MRC <3, before they become functionally limited by their breathlessness. Its aim will be to increase their individual exercise capabilities. Up to 16 patients attend the EPP programme at any one time in each locality and this number is also manageable for an exercise class.

The EPP COPD Self Management for Life programme is currently a seven week programme that is led by one lay tutor and one health professional tutor. Both these tutors will support the physiotherapist with the exercise element attached to the programme and will in time deliver the exercise programme Pre and post assessment for exercise will need to be done therefore it is suggested that an extra two weeks be added To the beginning and end of this programme where exercise capacity for individuals can be assessed by the physiotherapist and health assessment questionnaires for the evaluation of the impact can be completed at the same time.

Intended Outcomes; The long term aim will be to promote regular exercise and the type of exercise that they will benefit from to prevent de-conditioning (muscle weakness). The EPP COPD plus exercise project aims to enable COPD patients to maintain their day to day activities for longer thus slowing the progression of the disease reducing the need to become dependent on others

Partners; No information currently available

Time-frame; No information currently available

Future Development Planned; No information currently available

Commissioning / Funding; Funded as a one off payment from South Pembs Cluster

Evaluation / Reporting; Continue feedback to the cluster; no formal report but the evaluation will be done by the Chronic Disease Team.

Supporting Documentation; No information currently available

Acknowledgement; Rachel Pompa; Head of GMS Hywel Dda UHB

Project Status; No information currently available