

01.02 - Rehabilitation and chronic care

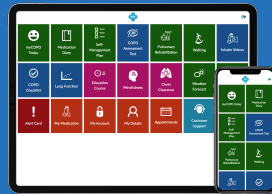
30313

A digitally enhanced pulmonary rehabilitation approach for COPD during COVID-19 using myCOPD

COPD, Education, Physical activity

J. Stokes¹, K. Savage²

¹ my mhealth - Durham (United Kingdom), ² Kent CHFT PR team - Kent (United Kingdom)



Introduction

March 2020 saw traditional pulmonary rehabilitation (PR) delivery suspended due to COVID-19. Kent Community Health NHS Foundation Trust's Pulmonary Rehabilitation Service (KCHFT) (PR) service quickly adapted to deliver remote, digitally supported PR using myCOPD.

Aim

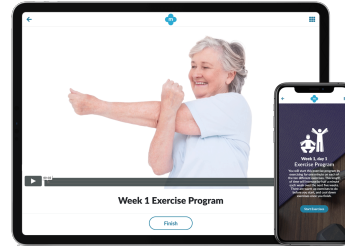
To explore myCOPD PR acceptability, COPD Assessment Test (CAT) score usage and to assess the impact on functional outcomes using the one-minute Sit to Stand Test (SST).

Method

myCOPD was offered to COPD patients referred into the service, with access to the internet. Patients were enrolled for six weeks, with SST recorded at the start and end, and CAT score usage recorded.

Results

72 patients enrolled on myCOPD between June-October 2020.

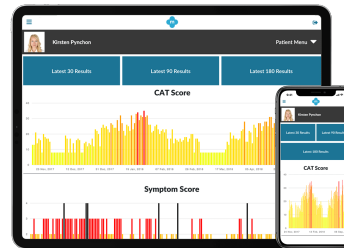


49 (68 per cent) completed the six-week course. National average for completion of conventional PR is 62 per cent (1).

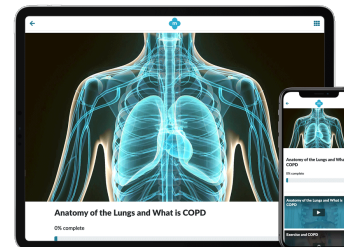
49 of 72 patients (68 per cent) had both start and end SST assessments with a total of 33 (67 per cent) patients achieved an improvement. National average is 59.8 per cent for remote delivery (1).



70 (97 per cent) distinct users entered 235 CAT scores ranging from 1 to 29.



Use continues, with 103 patients now registered. **102 (99 per cent) have accessed educational video content** with a total of 2788 views, and **85 patients (83 per cent) have accessed the PR course** with 1286 views.



Conclusion

The Kent K PR service has shown great resilience in the face of the challenges brought about by COVID-19. Patients have been supported through a flexible and accessible PR service delivery model.

Results show that clinical use of myCOPD can help address both current and pre-COVID-19 service challenges.

References

1. Royal College of Physicians, 2020. Pulmonary Rehabilitation Audit report. (NACAP) (Accessed 15 Feb 2021). <https://www.nacap.org.uk/nacap/welcome.nsf/reportsPR.html>

Visit

mymhealth.com