

FOI_1284_2023-24 – FOI Request Concerning – Pulmonary Rehabilitation

In line with the Freedom of Information Act (2000) we would like to understand the type of models, capacity and waiting times for pulmonary rehabilitation (PR) given to inpatients in your hospitals.

1. How many weeks PR do you offer as standard?

Southampton: We offer 6 weeks twice a week supervised exercise and education programme. This is either in face to face format or via zoom for those who opt for online. We then offer 12 weeks 1 x a week NEXT STEP transition programme of exercise to support in long term behaviour change – this is face to face or via zoom

Portsmouth: 6 weeks (2 sessions per week – 12 sessions in total)

2. What % of your PR referrals have already undergone PR over the last full year July 1st 2022 - July 1st, 2023?

Southampton: 23%

Portsmouth: 8.9%

3. What are your current waiting times for PR?

Southampton: 33.8 days

Portsmouth: 59 days

4. What PR service models do you offer and what is the patient capacity?– see below:

Southampton: In addition to the below, we also offer a hybrid if patients work / care responsibility prevent 2 x weekly in one modality so they could have hybrid for f2f and zoom – looking at patient focused care to optimise enrolment and access

Model	Yes or no	Capacity of patients per class
In person, face to face	Yes	14-16 per class venue dependant
In person, face to face plus an app	No	
Online and in real time	yes	16 patients per session
Via an app used at home at the patient's convenience	No	

Portsmouth

Model	Yes or no	Capacity of patients per class
In person, face to face	Yes	16-24 (depending on staffing)
In person, face to face plus an app	Yes	
Online and in real time	Yes	10 (not used since Jan '22 due to clinical demand)
Via an app used at home at the patient's convenience	Yes (if suitable for myCOPD and declined Pulmonary Rehab but then discharged and no follow up conducted)	