

## Respiratory Physiotherapists

Responsible for community respiratory physiotherapy which includes management of breathlessness, dysfunctional breathing, sputum retention, inhaler technique, reduced exercise tolerance as well as anxiety and energy management.

## Pulmonary Rehabilitation

Pulmonary Rehabilitation is an exercise and education programme that runs for ten weeks (a two hour session every week) at either Brickfields in Devonport or The ELM centre in Estover.

A home based exercise programme is provided for housebound patients.

## Contact details

### Community Respiratory Team

Tel: 01752 434342

Fax: 01752 314627

Email: [PCHCIC.copd-team@nhs.net](mailto:PCHCIC.copd-team@nhs.net)

9:00am - 4:30pm

daily (including weekends)



Livewell Southwest



@livewellsw

# The Community Respiratory Team



Working with GPs and Practice Nurses caring for patients who have COPD

## Aim

Our aim is to try and prevent admissions to hospital by educating patients to keep themselves as well as possible, to recognise impending exacerbations, and give them the confidence to manage their COPD themselves with an agreed action plan.

- We work with GP's and Practice nurses caring for patients who have COPD.
- We provide an Oxygen assessment service in collaboration with the chest clinic at Derriford Hospital.
- We provide a pulmonary rehabilitation Service.
- We are working with the British Lung Foundation.



## Referral Criteria

Patients with Moderate to Very Severe COPD, registered with a Plymouth GP, and one or more of the following apply:

- Acute exacerbations where it is felt the intervention of the COPD Service would prevent admission to hospital.
- Early supported discharge from hospital.
- Acute chest physiotherapy.
- 2 or more hospital admissions a year with exacerbation of COPD not managed by GP/Practice Nurse.
- Post hospital discharge needing more than GP/Practice Nurse follow-up.
- Frequent 999 or GP callers.
- Pulmonary Rehabilitation (or Home Exercise Programme to housebound patients).
- Oxygen assessment via the Oxygen Clinic.
- Nebuliser assessment.
- Complex patients.
- Supporting Palliative Care.

## How to refer

Internal Livewell Southwest referrals can be made using the referral form.

Referrals from Derriford are made through the In-reach Team (39949 or bleep 89173) or consultant letter. GP referrals should be forwarded by fax or mailed direct to the team using the Community Respiratory Team referral form.

### Urgent Referrals

**Need to be telephoned through on 01752 434342 before 2 pm to ensure they are seen that day otherwise will be followed up the day after. They must be followed up by one of the above methods.**

**Pulmonary Rehabilitation has its own referral form and can be obtained from 01752 434342.**

