

**Jill Young, clinical team leader, explains how both the pulmonary and cardiac rehabilitation services in Barnsley have made changes to increase the number of people accessing both services.**

#### Improving quality of life

Our cardiac and pulmonary rehabilitation services offer exercise and education for people who have undergone a recent cardiac event, have been diagnosed with heart failure or for people who have chronic obstructive pulmonary disease (COPD) or other chronic lung conditions. The two programmes have been proven to improve exercise tolerance, functional ability and quality of life. For COPD patients, the programme can also improve their breathlessness. Accessing the service after a cardiac event or respiratory flare up can also help with recovery and reduce the likelihood of readmission to hospital.

#### A common condition

In Barnsley there are over 8,000 people diagnosed with COPD. Almost 3,000 of these people may not be able to walk for more than a couple of minutes without needing to stop for breath. The number of emergency hospital admissions due to COPD in Barnsley has also increased by 20% over the last 4 years.

Cardiovascular Disease (CVD) mortality in the under 75s within Barnsley is 23% higher than the national average whilst the Acute Myocardial Infarction (MI) mortality rate remains consistently higher than both the national average and neighbouring South Yorkshire regions.

In order to support the impact that these conditions have on the local population's health, the service has undergone a series of transformations in order to make the service more accessible to patients, encouraging more people to attend whilst publicising the service to fellow health care professionals for them to consider referring their patients into the service.



#### In a nutshell

In order to support the impact that heart and lung conditions have on the local population's health, cardiac and pulmonary rehabilitation services in Barnsley have undergone a series of transformations in order to make help more accessible to patients.

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## Positive pulmonary rehab results

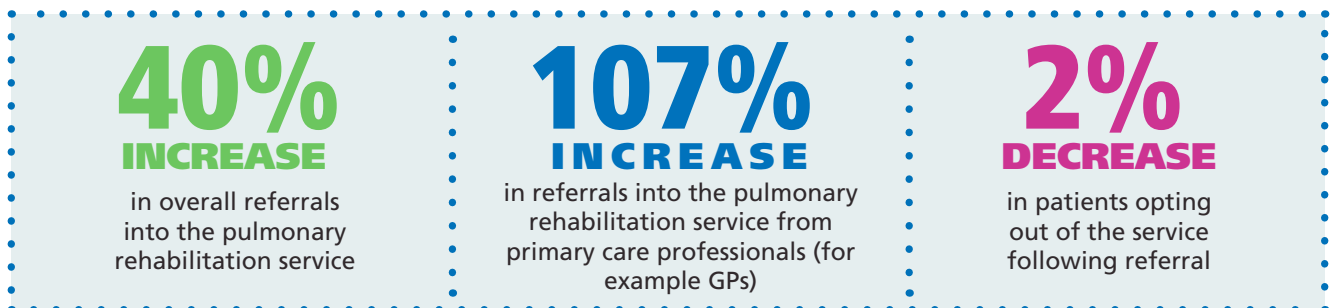
To make the pulmonary rehabilitation programme more accessible for more patients, the service is now run from more locations. Alongside the service being delivered from its base at the Dorothy Hyman Sports Centre in Cudworth, additional clinics now run at venues in Goldthorpe, Hoyland and Gawber throughout the year.

As well as these sites, the programme now also offers a home-based service for patients who don't want to come to a formal programme or aren't fit enough to make the journey to a venue.

To help patients understand how the service can help them, two short films have been produced. A patient-focused film explains what the service can offer, the benefits of attending and what to expect when accessing the service. The other film, targeted at health care professionals, promotes referral into the service, provides information on referral criteria and the benefits to the wider health economy of referring patients into the service. The patient version of the film has been shared with all local GP practices that have TV waiting room facilities and as a result a number of practices are now showing the film in their waiting rooms.

To encourage a greater number of referrals into the service, links to the service's patient leaflet, patient and professional film, and referral form have been added to GPs' clinical record systems. These act as a prompt for the GP to undertake an informed discussion with the patient, encouraging them to feel positive about their referral into the service.

Team members from the service regularly visit GP surgeries to promote the service directly to patients and staff. As a result, the service has started to see an increase in the number of patients being referred to and completing this programme.



## Cardiac rehab changes

**The service is making a number of changes which it's hoped will have the same positive impact as the one experienced by the pulmonary rehabilitation service.**

The service is looking to introduce satellite clinic venues to support patients unable to travel to the service's main base. The cardiac rehabilitation programme is also being offered at home for people who don't want to attend a formal programme or for patients who are not deemed fit enough to attend a specific venue. Fellow health care professionals are being encouraged to promote the home programme, particularly if the patient refuses the service due to its location.

The service is currently working with staff at Barnsley Hospital NHS Foundation Trust to develop an in-reach service where patients who are in hospital following a cardiac event will be visited by a member of SWYPFT staff to encourage them to use the service following discharge. This will help to raise awareness amongst people who may not have known about the service previously.

The service is also working with GP surgeries to put in place a system which alerts the surgery when a patient who meets the service's referral criteria is discharged from hospital following a cardiac event. Practices are then being encouraged to contact the patient offering them support from the service to prevent further hospital admission.