

Academic activities:

Metro Centre of Respiratory Diseases organized an E-conference “Pulmonary Rehabilitation (A capacity-building Programme)” on 11 July 2022.

This conference was organized by MCRD in association with NIHR-funded global research group RECHARGE to provide an interdisciplinary platform and share extensive knowledge about Pulmonary Rehabilitation (PR) by the National and International experts in the field.

The total no. of delegates was 110 including clinical professionals, academicians, researchers, and students.

SPEAKER DETAILS	
	Prof. Sally Singh Head of Pulmonary and Cardiac Rehabilitation, University Hospitals of Leicester NHS Trust
	Dr. Deepak Talwar Chairman, Metro Centre of Respiratory Diseases, Noida-201301, UP
	Dr. Mark William Orme Lecturer, Department of Respiratory Sciences, University of Leicester (UoL) (2022-present) Senior Research and Research Manager for NIHR Global Recharge, University of Leicester (2019-2022)
	Dr. Mir Shad Ali (PT) Physiotherapist at Hamad Medical Cooperation, Qatar Rehabilitation Institute, Doha, Qatar Former HOD: Pulmonary Rehabilitation, Metro Centre of Respiratory Diseases, Noida, UP
	Dr. Humaira Hanif (PT) Consultant, Pulmonary Rehabilitation, Metro Centre of Respiratory Diseases Former Assistant Professor: Noida International University
	Dr. Shruti Sahasrabudhre Research officer and Project Lead, Global RECHARGE project-Symbiosis International University, Pune
	Dr. Obaidullah Ahmed HOD: Pulmonary Rehabilitation, Metro Centre of Respiratory Diseases, Noida UP

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Barriers To PR Are Multifaceted

```
graph TD; Country[Country] --> Physician[Physician]; Country --> Access([Access to PR Services]); Physician --> Access; Physician --> Patient[Patient]; Access --> Patient; Country -.-> Patient;
```

Country

- Push for Health & rehabilitation for ALL
- Necessity
- Budget
- Prioritization
- Infrastructure
- PR providers
- Motivation

Physician

- Referral to Execution: Knowledge & facilities

Access to PR Services

- Cost
- Travel & Time
- Understanding

Patient

- End User: Easy Affordable and effective

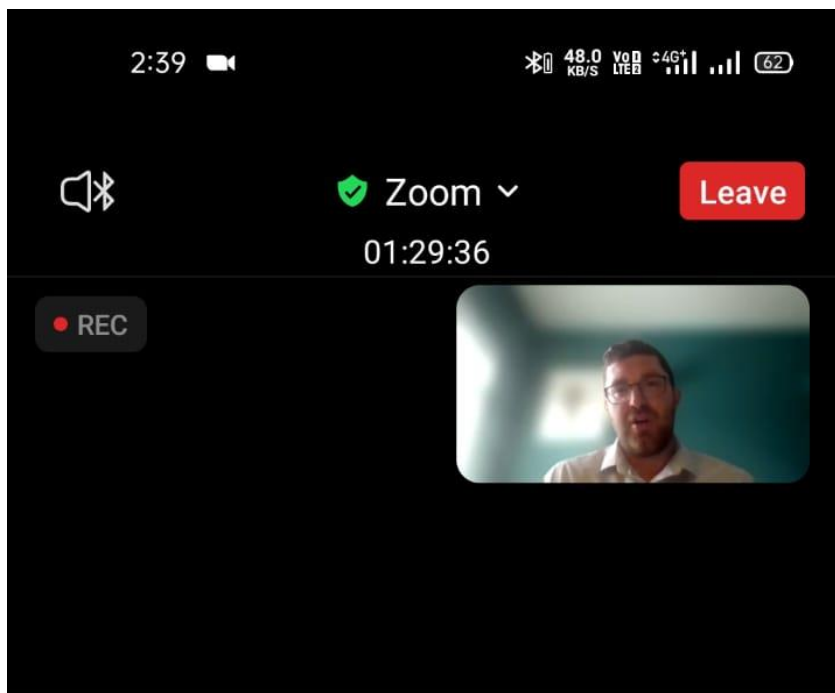
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BLINDING IN PULMONARY REHABILITATION TRIALS

Checklist

Whenever you need to blind the outcomes of a trial, use our helpful checklist (below) to ensure you have considered every aspect of blinding.

This checklist can be included in your research protocol.

It includes a section that is relevant to research carried out within an existing Pulmonary Rehabilitation service.




Unlike in drugs trials, where participants in control groups can be offered placebos, in a Pulmonary Rehabilitation trial it is not possible to disguise the intervention(s) offered.

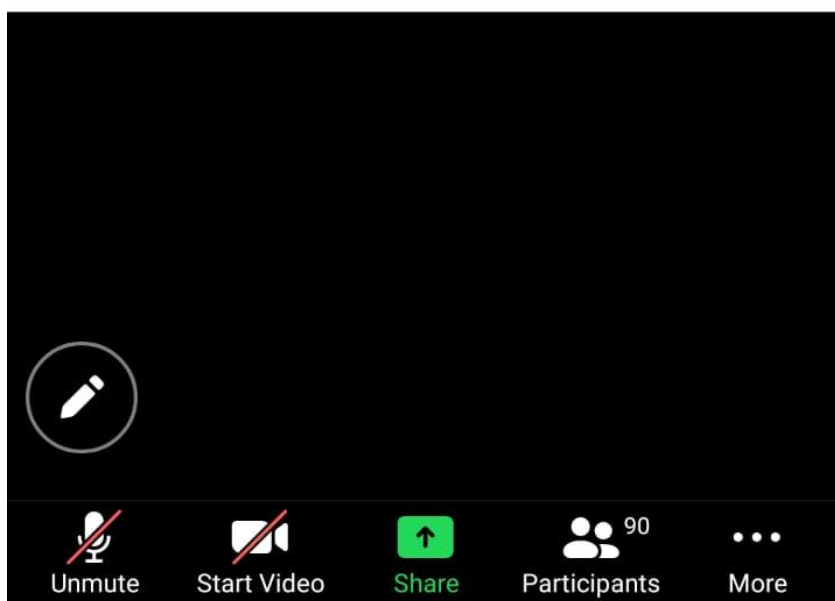
Unblinding log

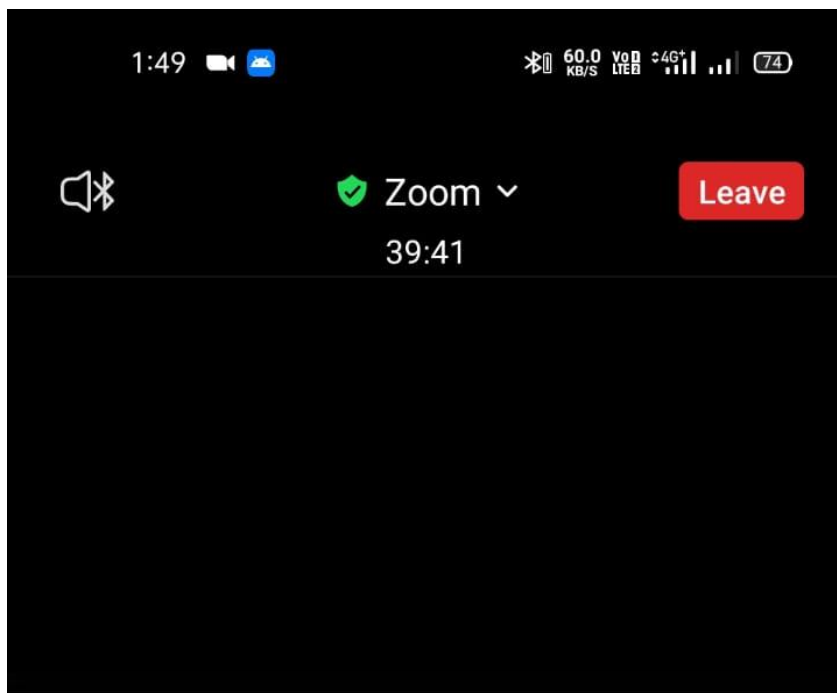
Whenever unblinding occurs (whether this was done accidentally or on purpose), record the event in an unblinding log.

We provide a template log below.



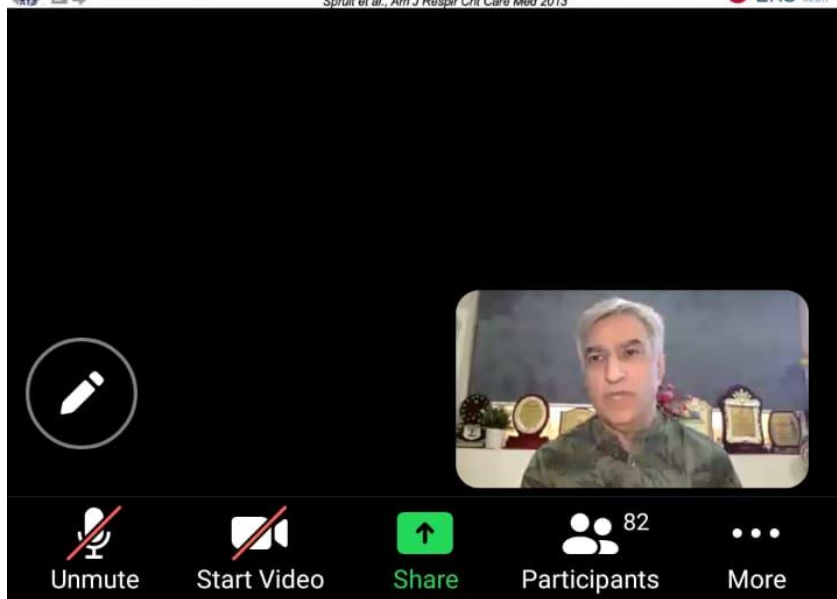
CHIEF INVESTIGATOR:		
Identify, as given, as to how blinding	Was the primary outcome measure collected prior to unblinding?	Any other relevant details





Pulmonary Rehabilitation: *Multi Faceted Program*

*'Pulmonary rehabilitation is a **comprehensive intervention** that includes exercise training, education, and behavior modification, designed to improve the physical and psychological condition of people with chronic respiratory diseases and to **promote the long-term adherence to health-enhancing behavior**'*



Multimorbid

Common symptom burden & disability:
fatigue, breathlessness,
pain, anxiety, reduced exercise tolerance &
reduced health related quality of life (QoL)

Pulmonary
rehabilitation (PR)

Cardiac
rehabilitation (CR)

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Personalised Exercise Rehabilitation FOR People with Multiple Long Term Conditions (PERFORM)

GENERIC EDUCATION

- Healthy living
- Healthy diet
- Smoking cessation
- Anxiety management
- Symptom management
- Exercise & physical activity
- Self management support

COMPREHENSIVE PERSONALISED REHABILITATION ASSESSMENT

Personalised exercise training

Chronic Kidney Disease


COPD

Stroke

Diabetes


Cardiovascular Disease

Anxiety and Depression



PERSONALISED EDUCATION

- Managing acute exacerbations



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NH&RC

National Institute for Health and Care Research

01:30:41



Alternative Methods for Exercise Training in PR



Nordic Walking

- **A new modality for COPD**
- Use of specific sticks
- UL and trunk muscle groups
- Higher exercise intensity
- Safe, feasible, and effective
- Compared with usual care
- supervised, **3-month**, outdoor Nordic walking ex-ercise program at **75% of initial maximum heart rate, 3 times/ week for 1 hr/ session**, increased exercise tolerance and daily physical activity (walking time and



Water-based training

Controversial results in
exercise capacity & quality of
life

Suggested Water temperature
29 degree to 38 degree C



1) Breyer MK, Breyer-Kohanski R, Breyer N, Scrut MA, Wouters EF, Buehler CC, Hart S. Nordic walking improves daily physical activities in COPD: a randomized controlled trial. *Respir Res*. 2010 Aug 22;11(1):112. doi: 10.1186/1465-2875-11-112. PMID: 20727203; PMCID: PMC2923680.

2) <http://www.mindgarden.com>, Working Prototype, 2011.



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ONLINE LEARNING PACKAGE

Develop your Pulmonary Rehabilitation research skills

This course is applicable to individuals wanting to undertake research in Pulmonary Rehabilitation across the world.

On completion of this course, you should be able to:

1. Identify the principles of good research design;
2. Identify principles of good research design specific to Pulmonary Rehabilitation;
3. Undertake research in the Pulmonary Rehabilitation setting;
4. Recognise the unique challenges of Pulmonary Rehabilitation research.

<https://360content/c8a004-99f8e>

Reflection

You'll note that researchers might need to contact participants by telephone instead of holding a face-to-face session in week 12.

Can you think why that might be?

Randomisation and patient expectations

Answer in talking to a potential participant about an upcoming trial. Let's listen in.

