

MyCOPD: app for delivering pulmonary rehabilitation remotely

Quick intro to yourself and any contact details you're happy to share ...

My name is Laura Danvers. I am a Respiratory Physiotherapist and Team Lead for the Bristol Community Health Respiratory Team.

What physio services do you provide? (e.g. specialty, conditions, location, patient demographics)

The community respiratory team provides Pulmonary Rehabilitation, Hospital at Home and Home Oxygen Service for patients within the Bristol area.

What tools are you using to deliver your physio services digitally?

Due to the COVID-19 situation, as a service we have cancelled our Pulmonary Rehabilitation (PR) in line with national recommendations. As an alternative, we are offering all COPD patients referred and waiting for PR, the opportunity to register for MyCOPD. This is to enable patients to utilise the educational and exercise component whilst waiting for Pulmonary Rehabilitation to re-start.

How have these services replaced face to face contact?

As described above, we are offering MyCOPD to patients as an alternative to PR whilst the service has been suspended.

What is the clinician's experience of using the digital tools?

Being able to offer patients an option whilst we are unable to offer our PR classes is invaluable. It has meant that patients feel they have something to use and are not just being left on a waiting list with no alternatives.