

Delineating Rehabilitation Barriers for Patients with COPD

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Delineating Rehabilitation Barriers for Patients with COPD

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Background

Chronic Obstructive Pulmonary Disease (COPD) is a long-term disease that affects the lungs and makes it difficult for people to breathe. It is currently the third leading cause of disease-related deaths in the U.S. COPD can be prevented and treated with proper care. A patient diagnosed with COPD may be directed to pulmonary rehabilitation depending on the severity of the disease. Pulmonary rehabilitation is a structured program that offers exercises, breathing treatments, and specific health information. Some doctors may recommend this to their patients, but not every patient who has COPD will undergo a pulmonary rehabilitation program. In fact, not many patients know about pulmonary rehab or participate in it for that matter. Patients who attend a pulmonary rehab program typically only have a certain number of visits that are covered by the insurance companies and then the rest must be covered out of pocket. Pulmonary rehabilitation is underutilized, and we see this nationally. The main goal of this project was to identify barriers of pulmonary rehabilitation and to delineate them to create better quality care for COPD patients as well as spreading information regarding pulmonary rehab to more and more people.

Typically, the primary cause of COPD is being exposed to tobacco by either actively smoking or exposure to second hand smoke. Some of the other causes relate to air pollution as well as large exposure to dust and toxic fumes. COPD seems to affect men and woman almost equally in older adults. It is extremely rare for young aged people to have symptoms of COPD, which is why most cases are seen in our older aged patients.

Methods

- Conducted Pre Survey
- Pushed pulmonary rehab/exercise information to patients via their MyLVHN portals
- Conducted Post Survey

Pulmonary Rehab Survey (Pre-Survey)
Please answer the questions provided below to the best of your knowledge.

1. Are you familiar with pulmonary rehabilitation?
a. Yes
b. No
c. Unsure
2. Was pulmonary rehabilitation ever recommended to you?
a. Yes
b. No
c. Unsure
3. Have you completed a pulmonary rehabilitation program before?
a. Yes
b. No
c. Unsure
4. Are you currently, actively exercising at home?
a. Yes
b. No
c. Unsure
5. Would you like to know more about pulmonary rehabilitation?
a. Yes
b. No
c. Unsure
6. Would you be interested in participating in a home-based exercise program?
a. Yes
b. No
c. Unsure

****If you have NOT completed pulmonary rehabilitation, why not****
Circle ALL that apply:

1. Never recommended for me
2. Too far to travel
3. Too expensive
4. Not able to leave my home
5. Don't have a ride
6. Other - (please explain below)

Fig.1

Post Survey Questions

1. Did you receive the exercise information via your portal?
2. Did you open and read through the information?
3. Did you try any of the recommended exercises?
4. Did you find the information useful?
5. Would you continue to do these exercises on an ongoing basis?
6. Would you want to be monitored with your exercise and daily progress?
7. Which exercise did you feel was most beneficial to you?
8. Would you like to receive any other information regarding your health care through your MyLVHN portal?

Fig.2

Results

- 14 total surveys completed; 11 patients surveyed
 - 9 Pre
 - 5 post

Patient Demographics			
Patient	Age	Sex	COPD/Other
#1	77	F	COPD
#2	69	M	Centrilobular Emphysema
#3	64	M	COPD
#4	80	F	COPD
#5	71	M	COPD
#6	75	F	COPD
#7	72	F	COPD
#8	67	F	COPD
#9	83	F	COPD
#10	81	M	COPD
#11	80	F	COPD

Table 1

- Range of Age: 64-83
- Mean of Age: 74.5
- 7 females
- 4 males

Patient vs. Healthcare Effectiveness:

– Pre Portal Information:

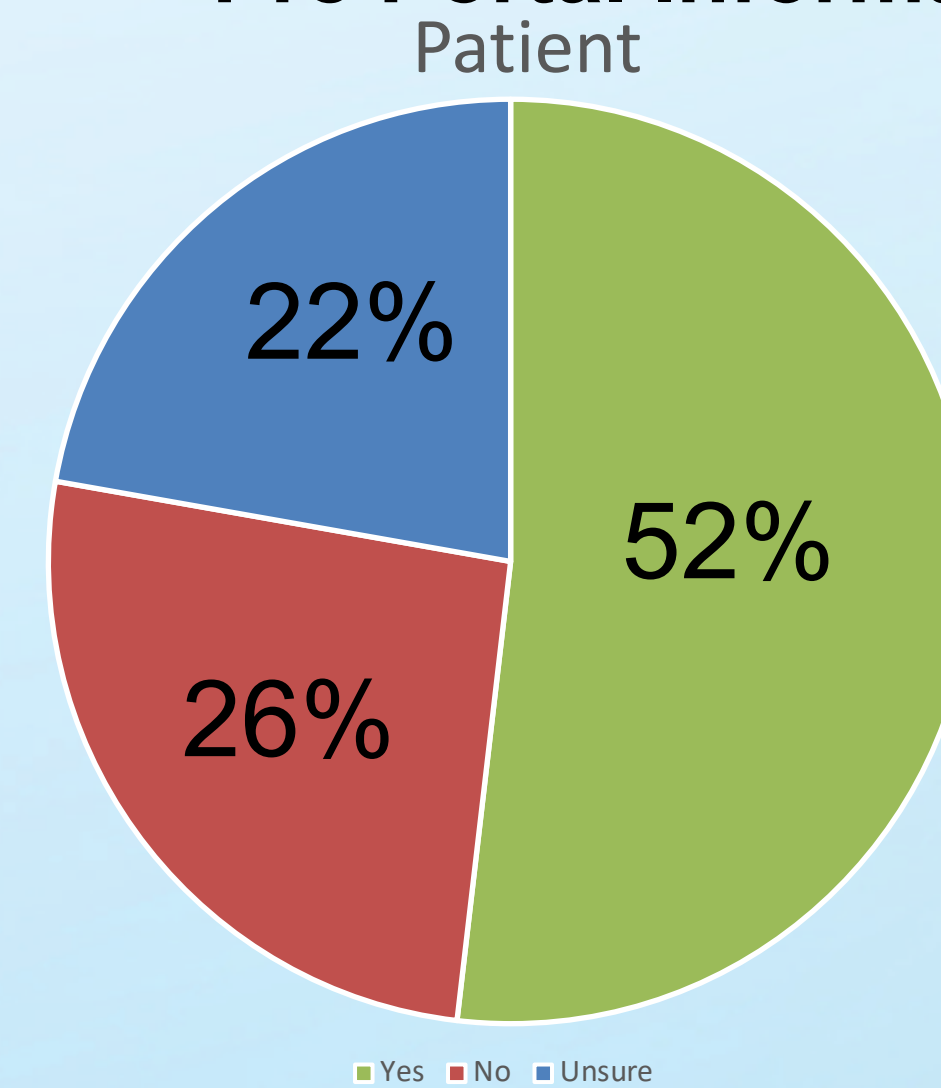


Chart 1

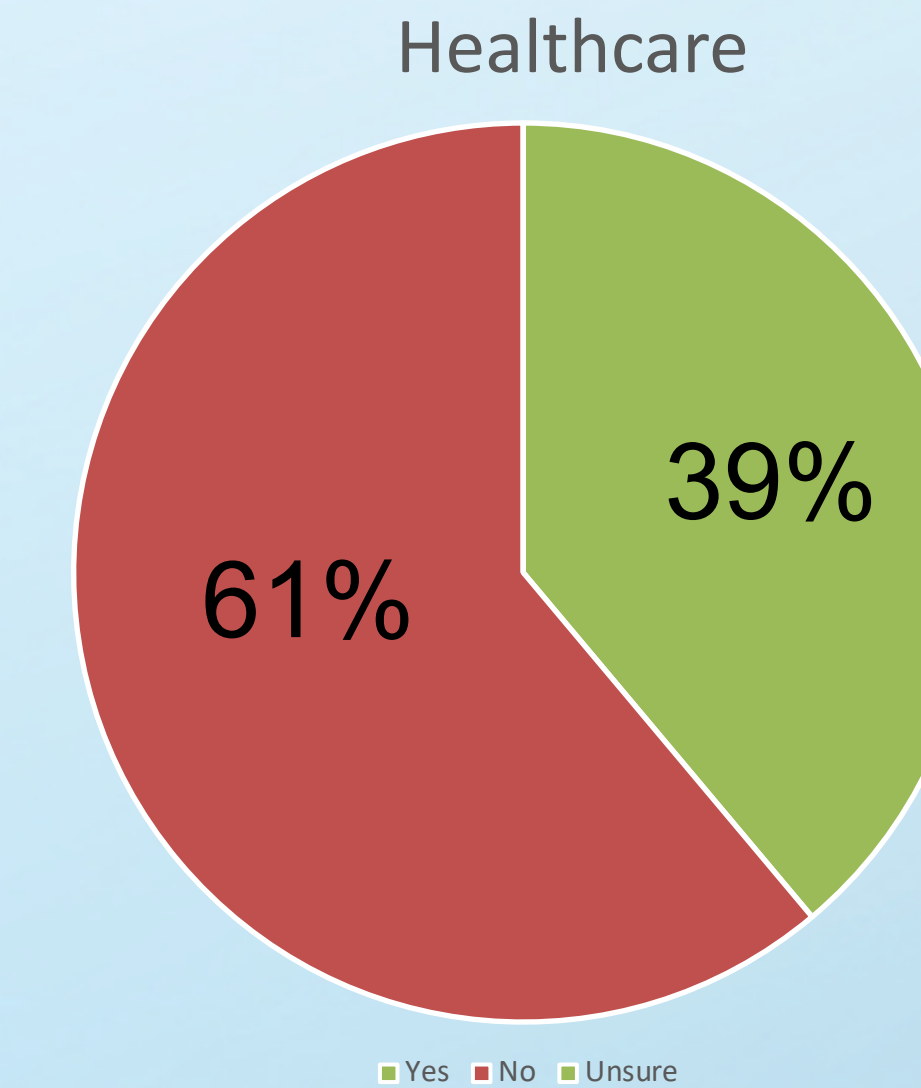


Chart 2

Conclusion

- Healthcare Effectiveness:
 - Post Portal Information:

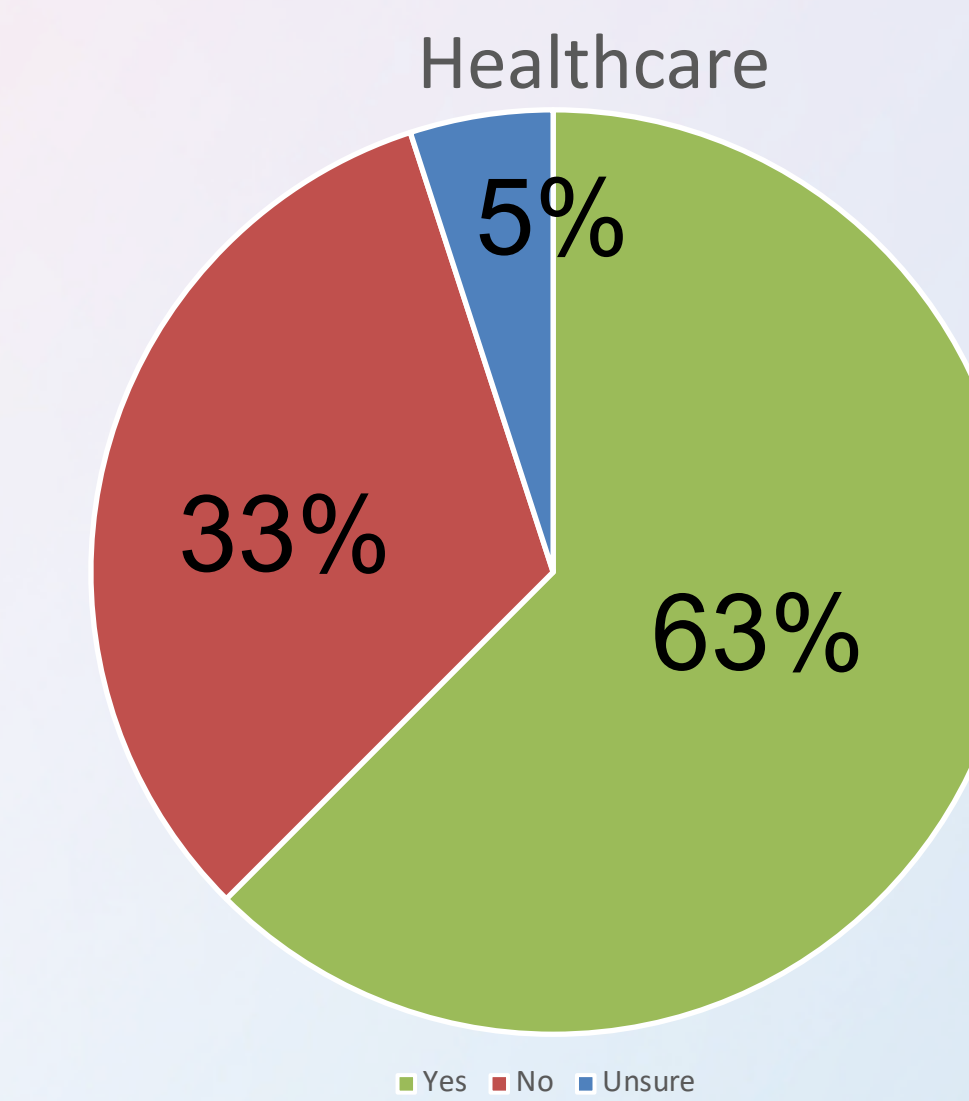


Chart 3

- Healthcare effectiveness jumped from 39% to 63% after information was sent to patients via the portal.
- It was clear to see that prior to pushing information to patients, many were unaware of pulmonary rehabilitation and were not recommended to any type of rehabilitation program here at LVHN.
- Some questions left for thought:
 - How can we spread awareness?
 - Why isn't rehab recommended to everyone with COPD?
 - What's the criteria for rehab?

Recommendations/Future Possibilities

1. Spread awareness as much as possible:
 1. Hang signs/flyers in doctors offices
 2. Continue to push information through the MyLVHN Portal
 3. Virtual exercise videos through portal for guided care
2. Form individual at home rehab programs based on each patients needs
3. Work with doctors/staff members on medical attention aspects

References

- EPIC used as electronic medical record
- Completed Surveys
- Chronic Obstructive Pulmonary Disease (COPD). (n.d.). Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/>
- Chronic obstructive pulmonary disease (COPD). (n.d.). Retrieved from [https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-\(copd\)](https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-(copd))