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Development of a student-led pulmonary rehabilitation maintenance clinic.

KNIGHT, S.

2021

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**ROBERT GORDON
UNIVERSITY ABERDEEN**

Development of a student-led Pulmonary Rehabilitation maintenance clinic

Lightning Talk

Sara Knight

Background/Introduction/Drivers

- Health education has changed rapidly
- Student placements have changed rapidly
- How chronic chests are managed has changed rapidly
- Shielding has become part of the vocabulary of the general public
- Students have received bad press for potentially being asymptomatic carriers of respiratory viruses

Death by PowerPoint begins with the

• First bullet

= student-led virtual PR maintenance clinic, embedded in acute care and rehabilitation modules with an MDT theme, also involving dietetics and pharmacy students

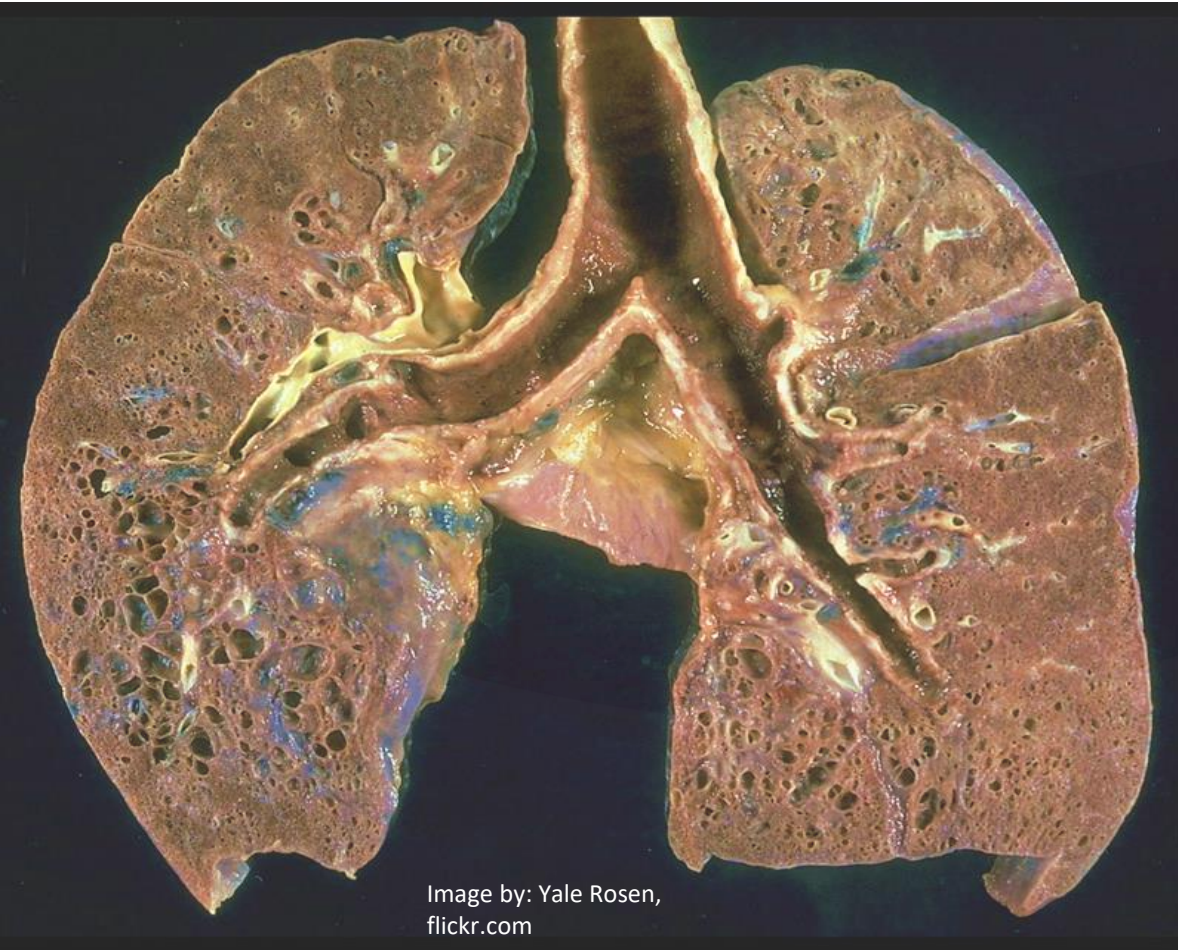
Set-Up Challenges

- Me = new lecturer, never spoken at a conference before, never set up a clinic before, hadn't used Zoom before June, no recent research experience other than NHS QI projects, never been involved in project management
- But...experienced colleagues put me in touch with possible stakeholders and clinic now developing in partnership with Sport Aberdeen and NHS Grampian
- Donna Wynne, Lyndsay Alexander (RGU)
- Andrinne Craig, Jon Lurie (Sport Aberdeen)
- Mhairi Stevens, Cats Cameron (NHSG)

Methods

- Service Development idea – now a mixed methods pilot study using a cohort design, bursary for focus groups applied for from CAHPR for research assistant, will ensure the clinic is codesigned with students and participants using themes
- Research – rigours of research, language of research, learning
- Partnership - 3rd sector time frames different from public sector and private sector, recruitment of participants, potential financial implications for Sport Aberdeen, learning and navigating

Current Position



- Recruitment of students for pilot study – physio and dietetics
- Recruitment of participants - smokers and never smoked; pulmonary fibrosis, COPD, lung Ca, mesothelioma, bronchiectasis, pleural plaques; exposure to chemical dyes, asbestos, coal, smoking
- Ethical approval applied for to develop research project
- Risk Ax, safety brief, recorded informed consent on Zoom, digital outcome measures (CAT and 1-minute STS)
- Weekly PR sessions commenced, focus groups

Initial Outcomes and Going Forwards

- **Feedback from Participants...**
 - like the music, rhythm, ‘want a skateboard in class’
 - like new/alternative exercises planned by the students
 - think gym/F2F is better than Zoom, don’t like education session
- **Students:**
 - love it, learning a lot, enjoying using OMs and working with real people
- **Blended virtual and F2F clinic on RGU campus for South Aberdeen with Sport Aberdeen exercise therapists**
- **Fully embedded into MPhys and MSc curricula**
- **Generating data for final year student projects**
- **Generating respiratory placement hours for students***

Image from guff.com

Take-home message



- A student-led opportunity to:
 - Meet the new demands placed on the NHS and RGU as a result of Covid-19
 - Provide a service to the people of South Aberdeen
 - Create alternative respiratory placement hours
 - Develop practice-ready RGU graduates with advanced skills in digital health