



Non-Pharmacological Management of Respiratory Disease (Pulmonary Rehabilitation)

Course information:

There is more to managing respiratory disease than just prescribing medicines. Indeed many of the current treatments do not come out that well in cost-benefit terms.

During this day we will explore all the non-pharmacological aspects of managing patients with respiratory conditions, with a particular emphasis on engagement with exercise, diet and social prescribing.

Learning Outcomes:

What respiratory conditions are best managed by pulmonary rehabilitation?

What is the optimum weight for patients with respiratory disease?

How important is the assessment of swallowing problems in patients with respiratory disease?

How much do I need to know about non-invasive ventilation (NIV)?

Outline content:

Defining the scope of “non-pharmacological” (for example where does the flu jab sit?)

Engaging and motivating patients with respiratory disease to exercise: what works best and how much time should all practitioners devote to it (should we remove the examination couch and replace it with an exercise bike?)

Nutrition and respiratory disease- when and how to assess? The role of nutritional supplements and managing overweight and underweight patients who are breathless?

Hands on experience with an NIV machine

The role of BreathingSpace and tour of the facility

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