Virtual Pulmonary Rehabilitation (VIPAR)

The North Ceredigion Locality has been working with the Pulmonary Rehabilitation team to pilot an innovative service model. The Virtual Pulmonary Rehabilitation (VIPAR) model uses a hub and spoke model with video conferencing to enable patients in rural areas to participate in pulmonary rehabilitation programmes, by linking live into a class being delivered in Carmarthen. COPD patients in Tregaron have benefitted from this virtual service delivery model.

Daniel one of the participants has said that “it has made an unbelievable difference to his life”. Due to his shortness of breath he hasn’t been able to ride a horse for the last 4 years. But after completing the virtual pulmonary rehabilitation programme he was able to go for a ride with his friend.

See Daniel talk of his experience on “Our big NHS change - community care” https://www.youtube.com/watch?v=cGlId4h_aMBY

Following the two test programmes patients in both the hub and spoke site have seen improvement in their health status. Demonstrating not only that the VIPAR model is feasible and safe; but spoke site patients gain the same health improvements as the hub site patients. The pilot also revealed an environmental benefit by reducing drive time for the patients. Over the 2 programmes this equates to 9 days worth of drive time saved.
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Incremental shuttle walk test - Showing improvements in exercise capacity over time

Results showing a decrease in anxiety scores from the start of the PR programme to completion of the programme across both sites.
Results showing a decrease in the impact of COPD on a person's life pre and post PR programme