



# Telepulmonary Rehabilitation

## 12 – 13 September 2022

### Introduction

There is increasing evidence to support the delivery of remote pulmonary rehabilitation, with rapid implementation during the COVID-19 pandemic. A variety of telerehabilitation models are available, ranging from low-cost telephone supported models to virtual groups with remote monitoring. This course will summarize the evidence supporting telerehabilitation in chronic lung disease; describe commonly used models of telerehabilitation; provide the skills necessary to deliver remote rehabilitation, including supervised exercise and behavior change; highlight innovative methods of exercise assessment and training; outline considerations for patient selection; and highlight the patient experience of telerehabilitation.

### Course Objectives

- 1) Know the literature updates on the evidence of pulmonary rehabilitation in people with chronic lung diseases
- 2) Understand the considerations in setting up a pulmonary rehabilitation telerehab programme
- 3) Perform and participate in a telerehab simulation session

### Course Outline

- 1) Alternative models of pulmonary rehabilitation: core components and evidence
- 2) Home Based Pulmonary Rehabilitation
- 3) Group rehabilitation via videoconferencing
- 4) Delivering a remote training session
- 5) Innovative methods of assessment and training
- 6) Determining best program model for patient
- 7) Supporting behavior change
- 8) The patient perspective
- 9) Tips and tricks direct from clinicians

### Target Audience

Physiotherapists

### Course Details

Date	: 12 – 13 Sep 2022
Time	: 9.00 am – 1.00 pm
Duration	: 8 hours
Class Size	: 25 pax
Device	: Laptop/Desktop (with microphone, speaker, webcam)
Platform	: Zoom Cloud Meetings
Fee	: S\$ 430 (SingHealth staff/ SPA Member) S\$ 480 (Regular) (inclusive of 7% GST)

### Faculty

#### Dr Anne Holland

Professor of Physiotherapy  
Head of Respiratory Research  
Alfred Health and Monash University

#### Janet Bondarenko

Physiotherapist, Alfred Health  
Monash University

#### Dr Narelle Cox

Senior Research Fellow, Immunology Alfred Hospital  
Lecturer, Physiotherapy, Monash University

#### Dr Aroub Lahham

Research Fellow, Immunology Alfred Hospital  
Monash University

### Registration

To register (internet access required), scan the QR code or click on the web link. Registration closes on **31 Aug 2022**.



<https://form.gov.sg/62c28abfd5a612001442f795>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

### Quick Links

[FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)