

A one-off Brief Lung Exercise and Education programme (BLEEP) was beneficial to patient confidence, knowledge and motivation as an alternative to PR delivered education

Title - Brief Lung Exercise and Education Programme (BLEEP) – Exploring an adjunct to Pulmonary Rehabilitation to enhance patient throughput and access to respiratory education

Background

The Brief Lung Exercise & Education Programme (BLEEP) was a 2-hour session which was co-produced with a local respiratory charity group delivered over an 8-month pilot that was hosted under the Hampshire & Isle of Wight NHS Trust Pulmonary Rehabilitation (PR) service.

Education focused on lung anatomy and disease, respiratory medications, managing exacerbations and the importance of exercise.

Recruitment

The service offered PR programme as a standard invite, and BLEEP was offered if the patient expressed barriers to attendance for PR as a secondary offer. Local referrers could directly refer to the BLEEP programme upon request.

-  **160** patients chose to attend the BLEEP sessions for their programme intervention, with a **58%** attendance rate (n=93)
-  Condition knowledge, management and motivation was significantly different post session (**2.72 – 2.94** on a 10-point Likert scale)
-  Educational knowledge ranged from **65-89%** positive in knowledge quizzes
-  **46%** of patient reporting that they would have declined or dropped out of PR if BLEEP did not exist.
-  **80%** patients reported they believe the BLEEP session would make them more likely to commit to the PR programme
-  **10.7%** of the patients signed up for the 6-week PR programme

Impact - Equating PR to 20 hours per patient of specialist clinical input, the availability of the BLEEP session hypothetically saved up to 700 hours’ worth of direct clinical time within this pilot period.

Lessons learnt & application

Respiratory education-only approaches are feasible and well received by patients and may augment healthcare utilisation in the same manner as other long-term conditions e.g. DESMOND for Diabetes, with patients showing improvements in knowledge, confidence and education.

Respiratory education does not need to be hosted within PR services as this didn’t convert to favourable uptake for this intervention. However, the exist of this session frees up PR service availability for those not wishing to partake in the formal programme to receive their education.