



## COVID-19 CLINICAL SOLUTIONS

<p><b>What did you do?</b></p> <p>We have launched virtual reality pulmonary rehabilitation service for residents of North Lincolnshire, this service provides them with rehabilitation exercises at their house by wearing a virtual reality headset.</p>
<p><b>Who are you?</b></p> <p>North Lincolnshire CCG and all 19 primary care practices Concept Health limited - provider of the service NHSE funded the project</p>
<p><b>What was the problem?</b></p> <p>North Lincolnshire is rural and is spread over 325 square miles with poor public transport and limited pulmonary rehabilitation provision. Patients were struggling to attend rehabilitation programme due to issues of transport and flexibility of timings of the programme.</p>
<p><b>What was the solution?</b></p> <p>We identified a potential solution in form of delivering the rehabilitation programme to COPD patients with MRC dyspnoea score of more than 3 by using virtual reality headsets. This would allow us to provide the programme to patients in their house and they could partake in the exercise programme at a time convenient to them. We provided them with mifi device so that they had required internet access to run the programme and all their activity is monitored. We developed integrated word referral forms which would auto populate in GP system of choice and the forms can be emailed to the provider. Patients are then consented by the providing service and they are shown how to use the equipment for classes. Providing service monitors activity and if a patient misses exercises on three consecutive days, patient is contacted to understand the reasons and provide support as needed. Patients do the exercise modules 5 days a week as a minimum but can do more if they wish to. We have been running this for 2 months now and have got 20 patients currently using the service. 3 patients have completed their 6 week programme and their feedback is positive and they have reported improvement in exercise capability and quality of life. In COVID-19 restrictions this is the only pulmonary rehabilitation programme which is still ongoing in United Kingdom as it is being delivered in patients own home.</p>
<p><b>Where can we find out more?</b></p> <p>This is the link to a video I have prepared and is on our NLCCG YouTube channel <a href="https://www.youtube.com/watch?v=6c0UZNGSBRs">www.youtube.com/watch?v=6c0UZNGSBRs</a></p>

<https://bjgp.org>