Current UK physiotherapy practice in patients with pulmonary hypertension

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What is PH?
Challenges of Chronic Disease

- Breathlessness
- Function and role
- Invisible disability
- Confidence
Challenges of PH

- Geography
- Age of patients
- Time to diagnosis
- History
Physical Activity

- Mereles (2006)
- RCT – 30 patients
- Intervention:
  - 3 weeks supervised in-patient rehabilitation
  - Bike ergometer, walking, UL weights, yoga
  - 12 week monitored home exercise program
- 6MWD increase – 111m
- Increase in QOL measures
- No adverse events
Safe and Effective

- Babu (2016) – systematic review: 15 studies
- Morris (2017) – Cochrane review: 6 studies

- Improves walking distance – mean 60m
- Improves QOL
- SAE are rare
- In-patient rehabilitation
UK research into physiotherapy and PH

- Mixed methods
- Qualitative
  - Specialist Physiotherapists
  - Self-identifying patients
- Quantitative
  - Wider physiotherapy community
Main themes

- Benefits of physical activity
- Acute PT input only
- May access local services e.g. pulmonary rehabilitation
- Lack of local specialist knowledge
- Lack of guidelines
Mind The Gap(s)

We aren’t doing what the evidence suggests

We can’t do what the evidence suggests
Next steps

- Secondment – Promoting Physical Activity
  - PHA UK and Actelion

- PhD Clinical Academic Fellowship
  - Jan 2018
  - Sheffield Hallam University and Sheffield Teaching Hospitals
References