Pulmonary Rehabilitation in Australia

Curtin University and Sir Charles Gairdner Hospital, Australia

Sue Jenkins

This presentation will provide an overview of pulmonary rehabilitation programs that are currently provided within Australia. The presentation will include a description of the methods used to assess patients for pulmonary rehabilitation, the types of programs offered and the different rehabilitation settings. A focus of this presentation will be on exercise prescription and exercise training as this is a mandatory component of a pulmonary rehabilitation program. Specifically, the prescription of a walking program based on a field walking test will be described. Self-management forms a part of pulmonary rehabilitation and topics both for group and individual self-management sessions will be discussed. The outcome measures for evaluating a program will be outlined and, specifically, the importance of collecting data to demonstrate the economic benefits of rehabilitation will be highlighted. The presentation will also include an overview of the chest physiotherapy techniques used by physiotherapists and patients in Australia. This will include the techniques used to relieve dyspnoea as well as techniques used to enhance airway clearance. The final section of the presentation will discuss the provision of oxygen therapy for people with chronic lung disease.

Education 1

呼吸ケア・リハビリテーションの過去・現在・未来―われわれの課題と展望―

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