**Students Name** –

**Course Type** - Pulmonary Rehab

**Course Venue** – Online

**Course Date** -

**Lecturer’s Name** – Mr John Robinson and Dr Grant Ralston

**Word Count** -

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**Section 1-** Create a summary of the client’s medical history and current medical status.

**Section 2 –** Provide details of any medication the client may be taking, including the reason for taking the medication, the effect, the potential side effects and the implications for exercise prescription.

**Section 3 -** Provide statements of the appropriate clinical objectives. Each objective must be accompanied by the underlying reason, or multiple reasons, for selection.

**Section 4 –** Design a prospective 12-week programme of exercise, which you deem to be safe, appropriate, and effective for your client.

**[Modify this table as you see fit]**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Intensity** | **Additional comments/ information** |
| **1** |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |

**Key: -**

**Section 5 -** Justify each intervention by explaining the specific and/or general responses/adaptations to that exercise

**Section 6 -** Consider all the psychological issues you feel are relevant in dealing with your client, in order to effect positive lifestyle change(s) and provide details of which behavioural strategies you feel would be appropriate.

**Section 7 – Provide** a summary of pre-post physiological measurements with a rationale for each measurement and, where appropriate, a rationale for not taking a specific measurement

**Section 8 – Provide** an information sheet suitable for your lay client (one side A4) giving advice on generally positive lifestyle changes regarding his/her specific condition

**Section 9 -** A plan of how you would engage the help of, or offer your services to, the local NHS/PCT to form a multidisciplinary team in pulmonary disease management

# **References**

# **Appendix**