



## POST GRADUATE QUALIFICATIONS IN ADVANCED PHYSIOTHERAPY

### Clinical Exercise for Pulmonary Disease

28<sup>th</sup> May – 1<sup>st</sup> June 2012

This 5 day course aims to provide a decent overview of all aspects of the management and care of patients with COPD. Students will learn about components and elements of effective pulmonary rehabilitation programmes and the design of exercise programmes for pulmonary disease patients, including their role in evaluating efficacy of interventions and disease progression or stasis.

Students will also explore the way in which issues of self-management and self-efficacy affect rehabilitation of patients with chronic respiratory disease and critically consider strategies to improve adherence with pulmonary rehabilitation and facilitate long term behaviour change for such patients. There is usually an emphasis on advanced and evidence based practice, as well as a focus on the use of validated and sensitive outcome measures.

The module is a component of the MSc & Diploma in Advanced Cardiorespiratory Physiotherapy at UCL. Participants may undertake the course as a discrete unit for CPD or, if assessed, may use the 15 credits towards completion of the MSc or Diploma at UCL.

#### **Course content**

Main topics include:

- NHS Strategy and National guidelines
- Behavioural change in patients with COPD
- Inpatient management of patients with chronic lung disease
- Acute care management of hospitalised patients with COPD
- Smoking cessation
- Rehabilitation for the non-COPD respiratory patient
- Adjuncts to pulmonary rehabilitation (respiratory muscle training, non-invasive positive pressure ventilation, supplementary oxygen)
- Challenges in delivering pulmonary rehabilitation
- The influence of respiratory and peripheral muscle function on exercise capacity in COPD
- Palliative care for patients with chronic lung disease
- COPD in the community
- Exercise testing and prescription of exercise in pulmonary rehabilitation

#### **Course requirements**

Applicant's should meet UCL's usual criteria for studying at Masters level and hold an appropriately related clinical, exercise or health science qualification. The essence of the module makes it desirable to have related experience in exercise with clinical populations.

Applicant's hoping to transfer credits to the MSc in Advanced Cardiorespiratory Physiotherapy should have a BSc in Physiotherapy at a 2:1 or above, or an approved Diploma in Physiotherapy together with evidence of appropriate clinical and/or teaching experience. We expect students to have had at least 2 years post-qualification clinical experience and UK state registration is preferred (<http://www.hpc-uk.org/>).

**Course Fee: £400 (short course)    £450 (taster course; including assessment)**

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**For further information, please contact:**

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