



*"When you can't breathe...
nothing else matters"*TM

Lungs in Action

Exercise Maintenance Post-Pulmonary & Heart Failure Rehabilitation

*Information for Pulmonary and Heart Failure Rehabilitation Physiotherapists
& Accredited Exercise Physiologists interested becoming a Lungs in Action Instructor Mentors*

Thank you for your interest in becoming a mentor for the Lungs in Action program. In order to assist with the successful setup of a Lungs in Action program in your area, Lung Foundation Australia has recognised that there needs to be appropriately trained Lungs in Action instructors who can deliver safe and effective programs. In addition the Physiotherapists and Accredited Exercise Physiologists (AEP) delivering Pulmonary and Heart Failure Rehabilitation need to be confident in the abilities of the instructor to whom they are referring their clients. Without either of these, the program will most likely fail.

Mentor Eligibility

Mentors are required to be a Physiotherapist or AEP's who possesses at least 12 months experience in delivering Pulmonary Rehabilitation & 12 months experience in delivery Heart Failure Rehabilitation. For those mentors who do not possess both, 2 mentors – one Pulmonary & one Heart Failure is required. Although Lungs in Action now includes training around Heart Failure, the main mentor is the Pulmonary Rehabilitation mentor, who will provide a majority of the support.

Mentoring is designed to fit into your existing schedule as best as possible, and for those Lungs in Action trainees who already possess a substantial amount of knowledge and experience in this area, such as exercise physiologists or physiotherapists, the mentoring component is commonly depicted as a quick and straightforward process.

As an insurance and safety requirement for our training program we require all mentors to send through a 1 page CV outlining their clinical experience. The CV must highlight at least 12 months of delivering the particular service you intend to mentor for.

Lungs in Action Instructors

Lung Foundation Australia along with our expert clinical advisory panel and steering committee who developed the training package believe that the Lungs in Action program provides fitness & exercise professionals with all the information and skills necessary to conduct a maintenance exercise program that is safe, effective, and that will fill the necessary gap in the community for people who have graduated from Pulmonary and Heart Failure Rehabilitation.

Lungs in Action instructors may include, but are not limited to Fitness instructors, AEP's and Physiotherapists. Lungs in Action instructors must have a minimum of Certificate IV Fitness with the older adult's competency, 2 years experience and current First Aid and CPR.

If you would like further information around the knowledge and skill base obtained from a Certificate IV Fitness with older adults competency, please contact the Lungs in Action Program Manager.

Lungs in Action Full Instructor Training

Lung Foundation Australia designed the Lungs in Action model to ensure:

- ✓ Mentor and Rehabilitation coordinators have input into the local Lungs in Action program.
- ✓ A smooth and comfortable transition for your patients from Pulmonary Rehabilitation or Heart Failure Rehabilitation into Lungs in Action occurs.
- ✓ Ongoing communication is followed between you and the Lungs in Action instructor, so that you are confident that you patients are exercising in a safe and appropriate environment..

To achieve this, Lung Foundation Australia we have included the following steps in the set-up of Lungs in Action:

1. Mentoring role for Physiotherapist/AEP's who possess a least 12 months of delivering this service:
All prospective Lungs in Action instructors must have a physiotherapist or AEP from both a Pulmonary and Heart Failure rehabilitation program who is willing to mentor them through the initial set-up of their class.
2. Lungs in Action instructors must become familiar and be exposed to the local Pulmonary and Heart Failure Rehabilitation program:
Once the Lungs in Action instructor has a suitable mentor they must attend a minimum of two Pulmonary Rehabilitation classes and two Heart Failure rehabilitation classes. This is to ensure they observe what taught, witness the exercise component being delivered, see oxygen saturation levels change with exercise, watch pursed lips breathing, and be exposed to recovery positions etc. This is a good opportunity for the mentor and Lungs in Action instructor to revisit skills taught during the theoretical component of Lungs in Action online training and ensure adequate understanding.
3. A commitment to relationship building:
We recommend Lungs in Action instructors continue to visit every group of Pulmonary Rehabilitation & Heart Failure Rehabilitation participants prior to each course finishing so that the group is familiar with the instructor and that they feel like Lungs in Action is a natural extension of the rehabilitation program.
4. Collaborative class design:
The Lungs in Action instructor will have an activity as part of the Lungs in Action training course that requires them to design a Lungs in Action class and discuss the format with both mentors. This is to ensure that the class that the Lungs in Action instructor designs meets your approval so that you are confident to refer your clients, and that the design compliments your Pulmonary/Heart Failure Rehabilitation program.
5. Standard of Delivery:
The Pulmonary Rehabilitation mentor will visit the first Lungs in Action class that the instructor is involved with to ensure that they are happy with the delivery and level of supervision. This also helps the clients to feel that the physiotherapist/AEP mentor is ensuring a safe environment for them.
6. Maintaining the connection:
The mentor is welcome at any Lungs in Action class as this is also a useful way of following up with multiple clients at the one time as well as continuing with occasional supervision of the instructor. The Lungs in Action instructor will also regularly feedback to the mentor if there are any problems, or if they are unsure of anything.

Referrals and Eligibility Criteria

To uphold the safety and the integrity of Lungs in Action program, there is a strict eligibility criteria for referrals into this maintenance class. This eligibility criteria can be downloaded from our website www.lungsinaction.com.au or obtained through the Lungs in Action Program Manager.

All referrals for Lungs in Action should occur using the standardise referral pathway and official Lungs in Action referral form. Referral forms can be obtained from our website or from the Lungs in Action instructor. The Lungs in Action instructor is to receive referrals prior to the client arriving at the class. It is also encouraged that a copy of the last set of exercises that the client performed at rehabilitation accompanies the referral form to provide more information about the persons exercise capacity to the instructor.

Please visit our website at www.lungsinaction.com.au for further information on the Lungs in Action course outline. If you would like to view the full training before undertaking the role of a mentor, or would like to speak to a physiotherapist or AEP who have previously provided mentoring for the Lungs in Action program, please contact the Lungs in Action Program Manager at lungsinaction@lungfoundation.com.au or 1800 654 301.

Thank you again for your interest in becoming Lungs in Action mentor. Without the time and expertise from clinicians like you, Lung Foundation Australia wouldn't be able to provide such a safe and highly reputable exercise maintenance program for community members who have chronic lung conditions or heart failure. Lungs in Action is an important component of the continuum of care for many suffers of chronic lung disease and Heart Failure, so your role as a mentor is greatly appreciated!