

# Rehua Marae

## Our Story

Adaptive Rehabilitation Programme-a cross cultural  
and cross sector collaboration

Louise Weatherall  
Megan Karena



Ko Takitimu te Waka  
Ko Ngaruroro te Awa  
Ko Puketapu te Maunga  
Ko Upokoiri te Hapu  
Ko Oraka Aparima te Hapu  
Ko Ngati Kahungunu te Iwi  
Ko Ngai Tahu te Iwi  
Ko Megan Karena taku Ingoa

Tena koutou Tena Koutou Tena Koutou Katoa













# The Guidelines

- BTS

<https://www.brit-thoracic.org.uk/standards-of-care/guidelines/bts-guideline-on-pulmonary-rehabilitation-in-adults/>

- ATS/ERS

<http://www.thoracic.org/members/assemblies/assemblies/pr/>

- TSANZ/ Australia Lung Foundation

<https://lungfoundation.com.au/health-professionals/guidelines/the-australia-and-new-zealand-pulmonary-rehabilitation-guidelines/>



# Eligibility

## Criteria

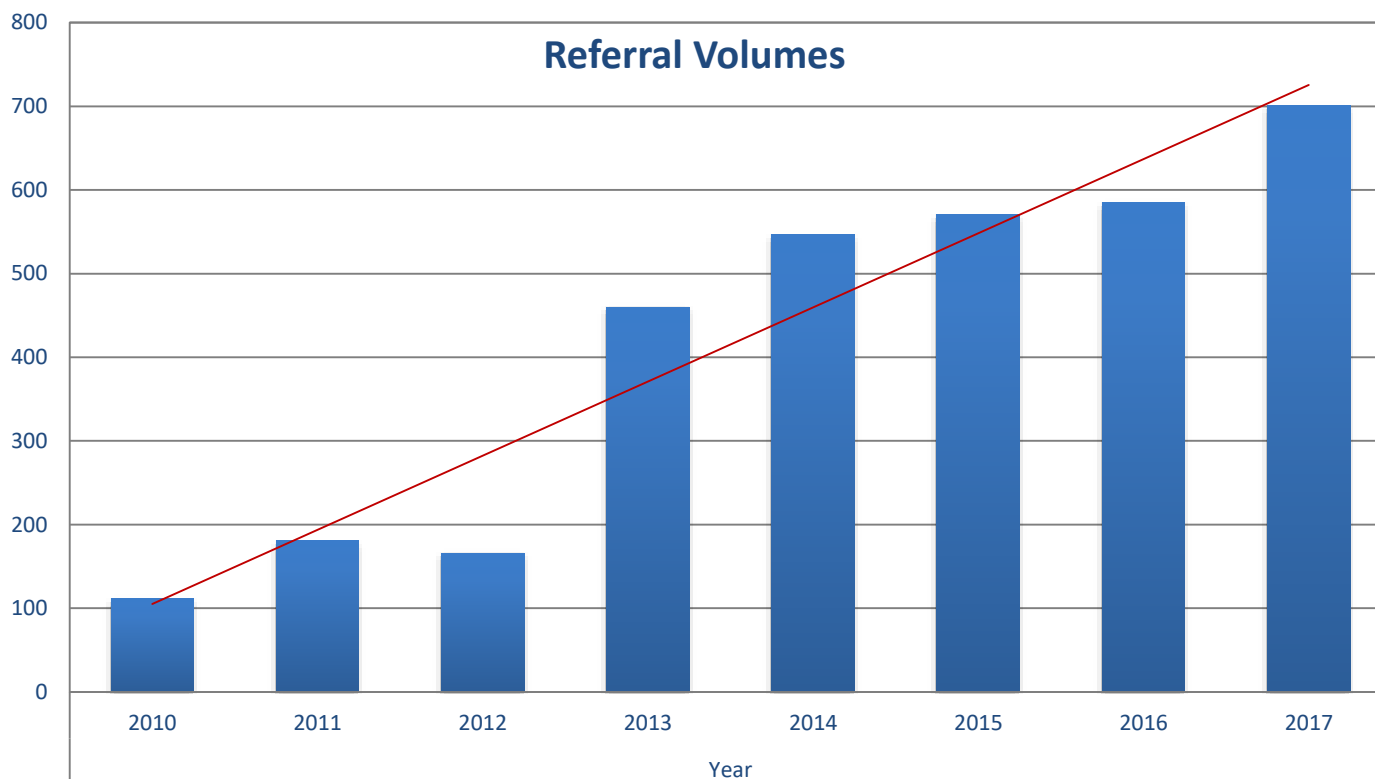
- Diagnosed respiratory condition confirmed with spirometry, plus ongoing symptoms
- Experiencing breathlessness in their day-to-day life
- No cardiac event in past 8 weeks
- Any known cardiac condition, e.g. angina, must be well controlled and stable
- On optimal respiratory medication
- Motivated to attend – discuss with patient and confirm on referral form
- Oxygen therapy is not a contraindication.

## Exclusions

- Unstable angina
- Decompensated heart failure
- Severe hypertension (systolic > 200 mmHg and/or diastolic > 120 mmHg)
- Uncontrolled cardiac arrhythmias
- Severe aortic valve stenosis
- Severe arthritis
- Any medical problems which severely restrict exercise or compliance with the programme

- Select [+ venues and start dates](#).
- Include [+ triage information for assessment](#).
- Send a request via:
  -  ERMS: Respiratory > Pulmonary Rehabilitation Referral, or
  - [referral for Pulmonary Rehabilitation](#)  form, fax to **(03) 365-5977**
  - For enquiries, phone **(03) 353-9973**.

# The referral trend since 2010

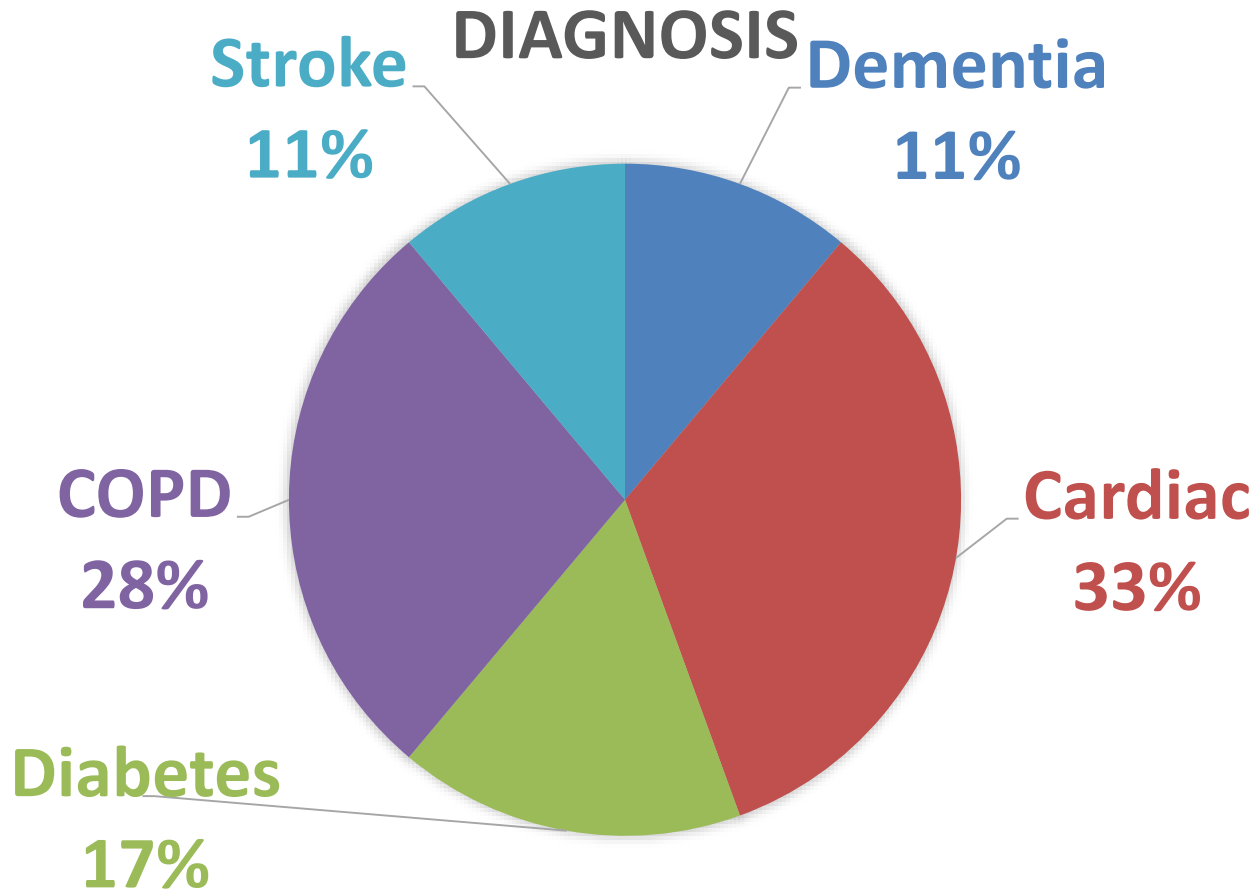




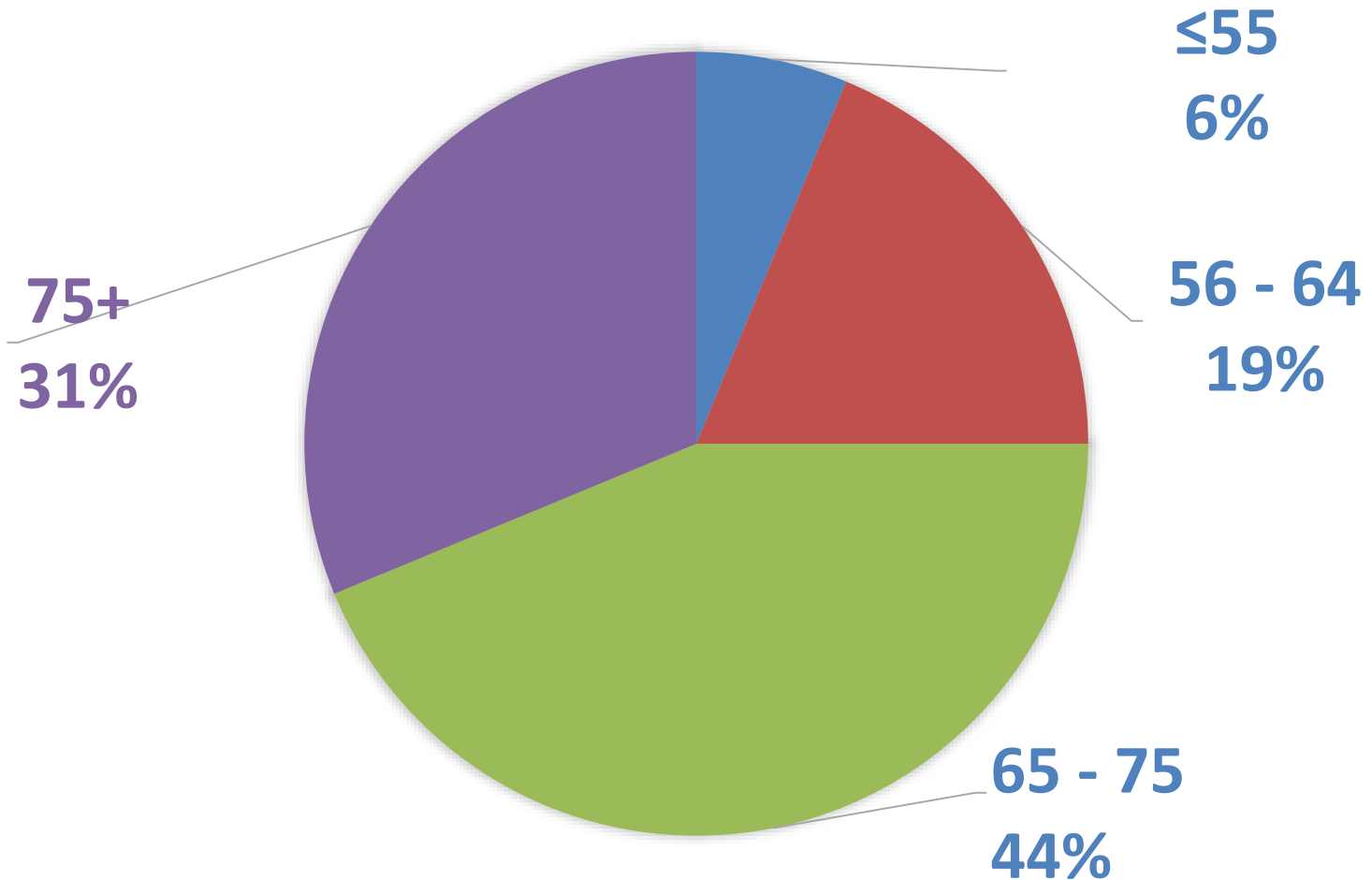
# Pulmonary Rehabilitation to Rehua

- Pulmonary Rehabilitation 8 weeks/16 sessions (pre and post assessment)
- Measured outcomes-HADS;EQ5D;CAT;S-T-S
- COPD/Chronic asthma/bronchiectasis
- Exercise and education

# The adaptive programme

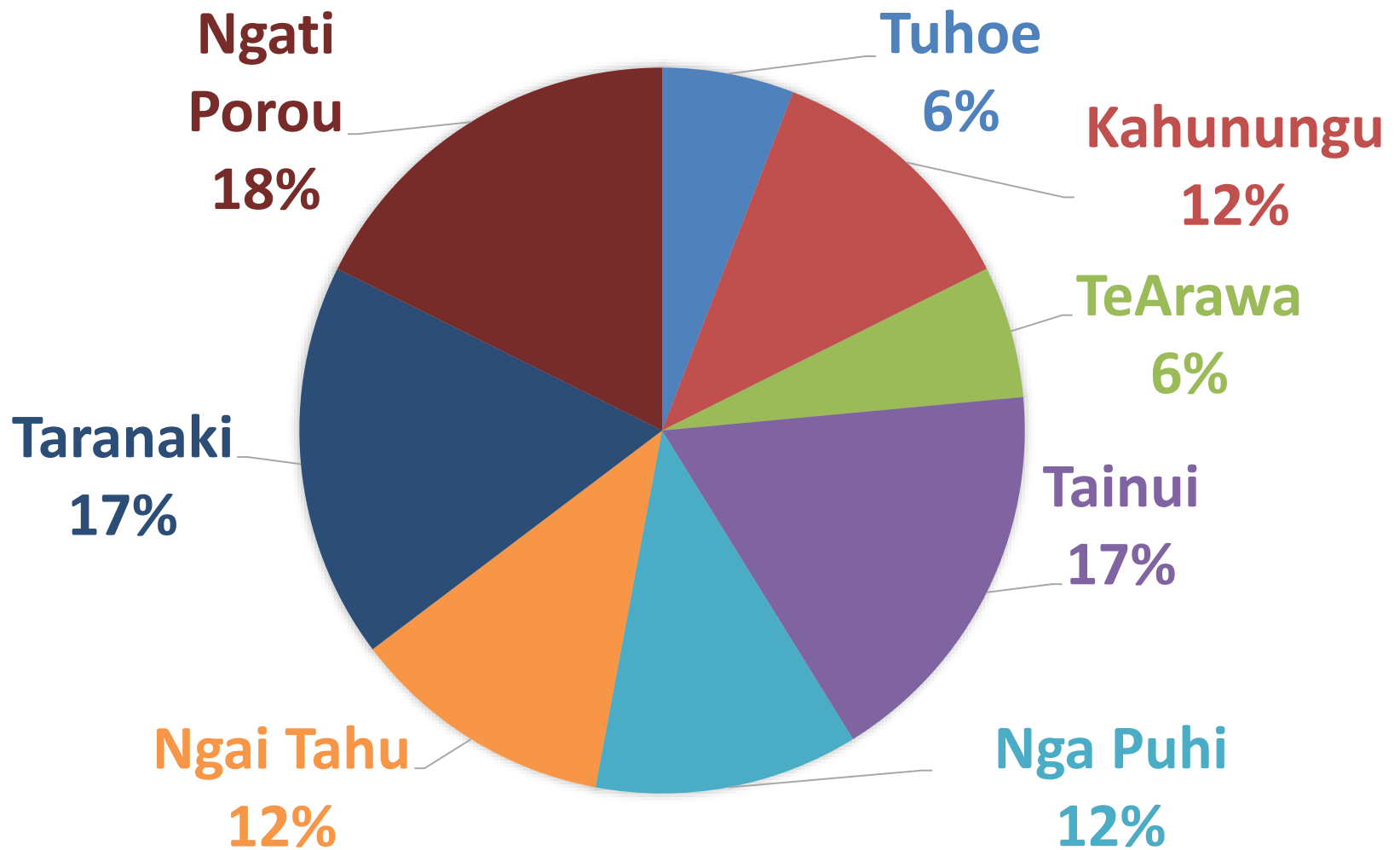


# Age groups





# Iwi affiliation



# Kiwa's Story

- Active gardener
- Stroke, vision problems
- Keeps the mind active by having fun, singing and connecting with others
- Rehab programme did all this!











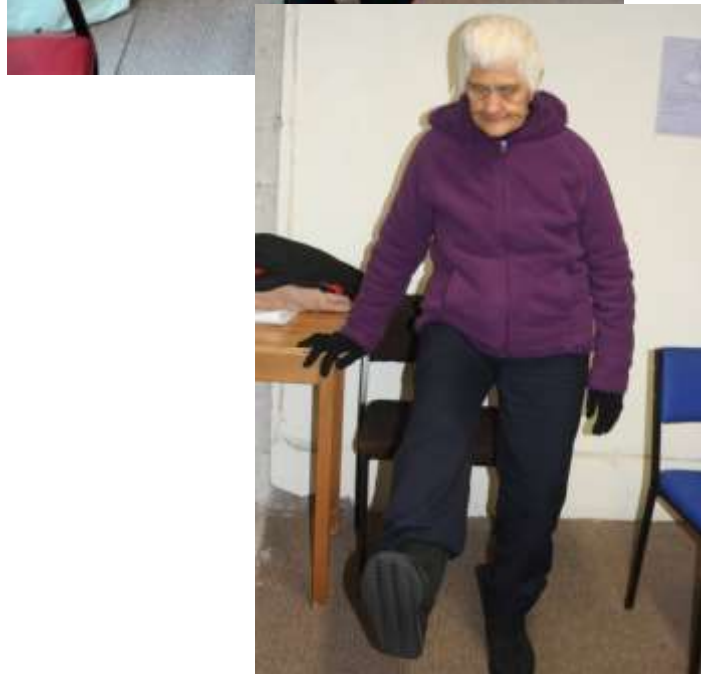














Location	Venue	Next Programme Starts
Aranui	Aranui-Wainoni Community Centre 31 Hampshire Street	September 2018
Ashburton	Ashburton Senior Centre 206 Cameron Street, Ashburton	February and August 2018
Barrington / Spreydon	Kereru Sports Club 73 Domain Tce Spreydon	April and September 2018
North New Brighton	North New Brighton War Memorial Hall 93 Marine Parade	January 2018
Papanui	North City Church 95a Sawyers Arms Road	March 2018
Rangiora	Mainpower Oval Coldstream Road, Rangiora	May 2018
West City	Hei Hei Community Lounge 12 Wycola Ave, Hei Hei	July 2018

Summer 2017-18

## *Living Positively with COPD*

This Newsletter  
is produced by  
*The Better Breathing Consumer Group*

### **TARIHIRA'S LONG JOURNEY**

My journey to reach the destination I'm now at was long, tedious and frustrating.

I worked for the YMCA as sole cleaner at Williams House, which was accommodation for men only. There was no lift, and as a consequence, heavy linen bags were dragged up three flights of stairs, and the dirty linen was thrown down from the landings above. The cry was, 'Linen coming down!'.

Some days I found myself quite breathless, and presumed that was the result of the dragging and throwing.

Meanwhile I kept smoking.

Eventually, over a period of about six years, I developed chronic bronchitis. Still smoking, I had many trips to the doctor. Feeling ghastly was no deterrent.



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# Results

- 16 assessed at pre assessment
- 20 completed at post assessment
- Average 13 attended each session

# Feedback

*We feel like equals*

*I laughed all the time!*

*[It] brought out the goodness in everyone.*

*Looked forward to coming*

*I don't have anyone at home, so coming here for the banter was good*

*[I am] comfortable in my own place. People came to us.*

*We are made to feel happy*

*I lacked confidence. Now I feel better.*

# MoH Volunteer Award 2018





# Challenges

- Letting go
- Where to from here
- Canterbury has something to be proud of.

# Recommendations

- Relationships and networking
- Flexibility
- Collaboration
- Marae based nurse crucial

# The Future

- Consumer led weekly exercise
- Linking with community respiratory services
- Connecting with other marae