



NATIONAL CLINICAL
PROGRAMME RESPIRATORY

National Clinical Programme Respiratory
A Competency Framework for Pulmonary Rehabilitation Services
For Physiotherapists.
October 2024



Introduction

This document has been created by the National Clinical Programme Respiratory (NCP Respiratory) and a specialist respiratory physiotherapist group to address the need for a Pulmonary Rehabilitation (PR) competency framework for physiotherapy staff working in this service. Competent health care professionals are essential to the successful delivery of a PR service, which meets the needs of the patient while promoting a high quality service. Pulmonary Rehabilitation, like a lot of other health services, had to adapt during the COVID 19 pandemic and developed into a “hybrid model”. This enabled the continuation of service delivery in a virtual format as well as face to face offerings when public health guidelines allowed. This hybrid model supports increased accessibility of services and will remain in place going forward and hence, this document includes competencies pertaining to hybrid PR delivery.

It is acknowledged that individual teams can differ greatly in staffing, skill mix and roles; teams can also work differently depending on local pathways and patient demographics. To date there has been a single competency document for nursing and physiotherapists providing a structured framework, meeting the needs of all service areas whilst avoiding duplication of competence assessment. With many full time Pulmonary Rehabilitation services now up and running in the Specialist Ambulatory Care Hubs there is a need to expand this competency document to include more specific competencies for each profession. This document is specific to the physiotherapy professionals.

This document provides guidance on the key competencies required to ensure the use of best practice standards and guidelines for the delivery of Pulmonary Rehabilitation. This document uses a common framework of knowledge and skills.

The overall purpose is to:

- Identify knowledge and skills required for delivering Pulmonary Rehabilitation services.
- Identify learning and development needs for staff grades, seniors and clinical specialists.
- Guide continuing professional development.
- Serve as a document to support professional and clinical supervision.

This document should be used in conjunction with respective professional body guidelines and local policies, procedures, protocols and guidelines as well as other NCP Respiratory documents including [models of care](#).

Further Considerations

This document contains a comprehensive set of knowledge and skill sets that can be used in full or adapted according to the individuals own competency needs. Healthcare professionals can use the document as part of their Continued Professional Development (CPD) portfolio.

Using this document

Each competency is laid out in a table format so that the response can be recorded easily and can be completed electronically or on a hard copy. Within each competency there are a

number of columns to complete including date, whether the physiotherapist was deemed to be competent in the area or needing development in the area. An action plan to develop competency should be completed by the physiotherapist and documented in the comments/action plan area.

For physiotherapists at any grade working in Pulmonary Rehabilitation for the first time NCP Respiratory recommends the following:

1. Complete the certified e-Learning programme on Pulmonary Rehabilitation on [HSELand](#).
2. Complete the certified e-Learning programmes on COPD and Asthma on [HSELand](#).
3. Complete the mandatory reading identified in the Core Knowledge competency section 1 of this document.
4. Complete on-the-job training in Pulmonary Rehabilitation. Physiotherapists can gain practical experience working in a supernumerary capacity with experienced practitioners, which is essential for skill development in this area.

Evidence to determine success of a physiotherapy staff member to fulfil the competency criteria can be achieved through various methods e.g. practical observation, verbal communication, questioning, in service training, mandatory training, external courses, and other resources. It is not intended that observation and or achievement of the competencies be a time consuming exercise. This tool can be used over a period of time to monitor performance and professional development required. At the end of each competency there is a summary table for summary of performance, comments, actions and signatures.

After successful completion of the competencies it is recommended that the competencies will be reviewed as part of an annual appraisal/feedback to ensure competency is maintained in response to newly published evidence or guidelines.

This document can be used with physiotherapy staff working at different levels of experience i.e. staff grade, senior and clinical specialist level. This should be taken into consideration when completing the document and having a good awareness of job specifications can assist with this.

Governance and Responsibility for Completing the Document

The competencies are a shared document between the individual physiotherapist and their Physiotherapist manager. The Physiotherapist manager may delegate specific tasks to support this work to the Clinical Specialist Physiotherapist PR coordinator at a local level. In collaboration with the Physiotherapist manager, the Clinical Specialist Physiotherapist PR Coordinator is responsible for ensuring the competency document is available to all physiotherapy staff involved in delivering Pulmonary Rehabilitation (PR).

Processes for completing the document

At Clinical Specialist (CS) level the competency assessment is a self-assessment tool with Physiotherapy manager sign off. Recommendations will assist the CS to deem him/her self-competent using this “A Competency Framework for Pulmonary Rehabilitation Services for Physiotherapists”.

Peer support from other Clinical Specialist physiotherapists in the Specialist Ambulatory Care Hubs is recommended if there is a requirement for upskilling identified, with a plan formulated. The CS physiotherapist is responsible for maintaining an accurate record of their continued professional development and competency to carry out their role in line with professional responsibilities. The Physiotherapist manager is responsible for supporting the CS physiotherapist in achieving competence.

At senior or staff grade level it is the responsibility of each staff member to achieve and maintain their own competency in line with professional responsibilities, with the guidance and mentorship of the Clinical Specialist Physiotherapist PR coordinator¹.

If the senior or staff grade physiotherapy staff member feels they require upskilling in one or more of the competencies, they should address this with the Clinical Specialist Physiotherapist PR coordinator¹ and/or their Physiotherapy manager where applicable. The physiotherapy staff member should formulate a plan with their identified mentor to achieve competency, within an agreed timeframe and always work within their scope of practice.

Each physiotherapy staff member is responsible for maintaining an accurate record of their continued professional development and competency to carry out their role. The Physiotherapist manager and identified mentor (Clinical Specialist Physiotherapist PR Coordinator ¹) is responsible for supporting physiotherapy staff members in achieving competence. In collaboration with the Physiotherapist manager, the CS is responsible for ensuring the document is completed and updated by each physiotherapy member of the PR team.

The Clinical Specialist Physiotherapist PR Coordinator along with the Physiotherapist manager is responsible for ensuring all physiotherapy staff are supported in achieving competence. The final competency should be signed off by both the CS physiotherapist and the Physiotherapist manager.

¹ In areas where there may be senior physiotherapists working in PR they may assist in mentoring staff grade physiotherapists if delegated by the Clinical Specialist physiotherapist.

Part 1 Clinical Competencies

Competency 1: Core knowledge

No.	Competency	Evidence	Date	Comments/Action Plan
The first five resources identified are mandatory and must be completed before starting work in Pulmonary Rehabilitation In relation to Core Knowledge the Physiotherapist will:				
	Complete the HSELand modules on COPD and Asthma .	Completed <input type="checkbox"/>		
	Complete the HSELand module on Pulmonary rehabilitation .	Completed <input type="checkbox"/>		
	Read the NCP Respiratory Guidance document for setting up Pulmonary Rehabilitation (also Guidance document for setting up virtual Pulmonary Rehabilitation if appropriate) .	Completed <input type="checkbox"/>		
	Read Irish Guidelines on Long Term Oxygen Therapy (LTOT) in Adults 2015 .	Completed <input type="checkbox"/>		
	Read American Thoracic Society Guidelines for 6 Minute Walk Test . and How to carry out a field walking test in chronic respiratory disease Anne E. Holland, Martijn A. Spruit, Sally J. Singh Breathe Jun 2015, 11 (2) 128-139; DOI: 10.1183/20734735.021314	Completed <input type="checkbox"/>		
	Have knowledge and an understanding of respiratory anatomy & physiology.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of pathophysiology of Chronic Lung Disease (CLD).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of CLD risk factors.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of timescales for recovery from exacerbation & exacerbation risks factors.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of pulmonary assessments, diagnostics tests & procedures, staging of CLD.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	Have knowledge and an understanding of the inclusion & exclusion criteria for PR.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of exercise physiology and effects of exercise on respiratory & cardiovascular systems.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of benefits and potential risks of exercise on respiratory disease.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of physiological response (normal and abnormal) to exercise and adaptations required.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of exercise prescription methodology for cardiovascular endurance and resistance training for a patient with CLD.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of absolute and relative contraindications to exercise and indications to terminate and exercise session.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of common comorbidities that may limit an individual's ability to exercise or exercise safely.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of current recommendations for exercise activity for individuals with CLD.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of tailored rehabilitation interventions to meet the needs of the CLD patient.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of pharmacological therapy for CLD.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of effective behavioural change strategies.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the role of other Health Care Professionals (HCPs) in self-management & the education component of PR.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of relevant national standards, policies and guidelines	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

Competency Achieved		
Improvement required <input type="checkbox"/>	Agreed action <input type="checkbox"/> (outline as appropriate)	Date:
Yes competency achieved <input type="checkbox"/>	Comments:	Date:
Signed Reviewee: Print Name:	Signed reviewer: Print Name:	Date:

Competency 2: Patient Assessment & Management

No.	Competency	Evidence	Date	Comments/Action plan
In relation to patient assessment and management the Physiotherapist will:				
	Have knowledge and an understanding of adherence to consent & GDPR policies.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform a relevant symptom history, a physical history for each individual.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to collate and interpret information prior to assessment including Pulmonary Function Tests (PFTs), Arterial Blood Gases (ABGs), and Chest X-ray (CXR).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to explain assessment process to individual.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to ascertain <ul style="list-style-type: none"> ➤ Past Medical History. ➤ Past and current respiratory status. ➤ Co morbidities and functional impairment. ➤ Current symptoms. ➤ Identify inappropriate referrals based on absolute and relative contraindications to exercise. 	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	Have knowledge and an understanding of current medications and their implications for exercise.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to ascertain previous and current levels of exercise activity through discussion and identify limitations.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform risk stratification according to assessment include falls risk and risk of exercise –induced hypoxia. Consider risk factors for severe disease, including current smoking and poor inhaler adherence, particularly important in asthma population.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to assess the individual’s readiness and motivation to participate in behaviour change strategies and setting goals.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform physiological baseline measures to guide in determining suitability for PR: Heart rate, blood pressure, respiratory rate, temperature, auscultation oxygen saturations, height and weight and estimate body mass index (BMI).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform measures of dyspnoea: Modified BORG Score, Modified Medical Research Council Score for Breathlessness (mMRC) and perceived rate of exertion (PRE).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform measure of co-ordination: such as the Finger Nose Test, Shin Test. Demonstrate the skills to perform measure of Balance: such as the 3 or 4 Point Balance Test.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform measures of strength: <ul style="list-style-type: none"> ➤ Manual Muscle Testing (MMT) (Grade 0-5) or 1Rep Max. ➤ Oddvar Holten Diagram (predicted 1Rep Max)(safer in older frail patients) ➤ Grip Strength using a dynamometer. ➤ 5-Sit to Stand. ➤ Timed Up and Go. ➤ RPM machine for PiMax for diaphragmatic muscle testing ➤ Theraband strength prescription 	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	Have the necessary skills to identify and screen for frailty when appropriate using the Clinical Frailty Score. Assess for need for walking aid if appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to critically evaluate the information collected to determine exercise prescription and a physical activity plan.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	<p>Have the necessary skills to screen for symptoms/health status using validated tools such as:</p> <p>Disease Specific Questionnaires:</p> <ul style="list-style-type: none"> ➤ The Assessment Control Test (ACT) ➤ The COPD Assessment Test (CAT). <p>Psychiatric Questionnaires.</p> <ul style="list-style-type: none"> ➤ The Hospital Anxiety and Depression scale (HADs.) ➤ General Anxiety Disorder 7-item (GAD-7). ➤ The Patient Health Questionnaire (PHQ-9). ➤ Generic QOL Questionnaire. ➤ The EuroQol 5D-5L (EQ-5D-5L). ➤ Malnutrition Questionnaire ➤ Mini Nutritional Assessment (MNA). 	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the knowledge and understanding of Mean Clinical Importance Difference (MCID) scores for each tool used.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the knowledge and understanding of referral criteria and referral processes to other health professionals for input following outcomes of the screening.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to use shared decision making with the patient to provide a treatment plan Specific, Measurable Achievable Relevant Timely (SMART) goals.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to quantify patient outcomes through pre and post assessment.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to communicate with referring physician.	Competent <input type="checkbox"/>		

	Area for development <input type="checkbox"/>		
Competency Achieved			
Improvement required <input type="checkbox"/>	Agreed action <input type="checkbox"/> (outline as appropriate)	Date:	
Yes competency achieved <input type="checkbox"/>	Comments:	Date:	
Signed Reviewee: Print Name:	Signed reviewer: Print Name:	Date:	

Competency 3: Dyspnoea assessment and management

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to dyspnoea assessment and management the Physiotherapist will:				
	Have knowledge and an understanding of causes & physiology of dyspnoea in patients with CLD.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of appropriate tools to measure dyspnoea – mMRC, modified BORG, CRDQ(dyspnoea domain), Dyspnoea 12 and multidimensional dyspnea profile covering functioning, breathing and psychological etc.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of <ul style="list-style-type: none"> ➤ Breathing strategies/ dysfunctional breathing. ➤ Pharmacological /psychological treatment of dyspnea. ➤ Supplemental oxygen. ➤ Pharmacological therapy-e.g. bronchodilators. ➤ Cognitive Behavioural Therapy (CBT). 	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	➤ Non-pharmacological approaches - breathing retraining, Non Invasive Ventilation (NIV), Purse Lip Breathing (PLB).			
	Have the necessary skills to perform pulse oximetry. Know when to refer a patient for an Ambulatory Oxygen Assessment (AOT).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to recognise need for alternate testing e.g. Arterial Blood Gas (ABG).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to identify need for referral for long term oxygen assessment and collaborate with the respiratory Consultant and other HCP for optimal prescription for Long Term Oxygen Therapy (LTOT) if indicated.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to titrate oxygen during exercise and if titration is required discuss with the prescriber if a change is necessary. Complete the HSEland module on oxygen canister training.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to promote patient understanding of the uses, benefits and risk of oxygen therapy.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)	Date:	
Yes competency achieved <input type="checkbox"/>		Comments:	Date:	
Signed Reviewee: Print Name:		Signed reviewer: Print Name:	Date:	

Competency 4: Exercise testing

No.	Competency	Evidence	Date	Comments/ Action Plan
In relation to exercise testing the Physiotherapist will :				
	Have knowledge and an understanding of strength and cardiovascular exercise testing.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the use of a field test e.g. ISWT or 6MWT as an outcome measure.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of published guidelines and protocols when performing field tests.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of Mean Clinical Importance Difference (MCID) scores for each tool used.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the application of exercise testing results into exercise prescription.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to complete 6MWT in line with ATS criteria.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to complete a shuttle walk test in line with ERS/ATS guidelines.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to develop an exercise prescription based on the strength and exercise field test results.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee: Print Name:		Signed reviewer: Print Name:		Date:

Competency 5: Exercise training & prescription

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to exercise training and prescription the Physiotherapist will:				
	Have knowledge and an understanding of normal and abnormal physiologic responses to exercise.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of specific pathophysiologic factors limiting exercise tolerance in CLD.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the basis of exercise training in CLD including reduction in peripheral muscle mass predominantly in the quadriceps and distal lower limbs, presence of sarcopenia and cachexia.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the safety precautions for exercise training.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of an individual exercise plan with SMART goals including Activity of Daily Living (ADL) and a home exercise programme.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the prescription and adaptation of safe and effective exercise to the individuals needs in line with guidelines and exercise principles and using monitoring tools.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of exercise principles including overload principle & the Frequency, Intensity, Time, Type (FITT) principle, adaptation, specificity, reversibility variation and recovery and individual response.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to develop an individualised and effective exercise prescription including endurance and flexibility components.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to modify an exercise plan due to pain, breathlessness or drop in oxygen levels.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to use objective physiological measures to inform individualised exercise prescription e.g. Rate Perceived Exertion (RPE).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	Have the necessary skills to interpret data during exercise training.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to encourage effective use of resources to help individual meet goals and objectives-e.g. activity diary.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to recognise signs and symptoms of exercise intolerance.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to educate and support safe exercise signs and symptoms of overexertion or under achievement and activities to avoid.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to review and adapt the exercise plan and prescription in response to the individuals' motivation, needs and abilities and progress or regress.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to ensure familiarity with the participant's medical history and risk assessment.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
	Improvement required <input type="checkbox"/>	Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
	Yes competency achieved <input type="checkbox"/>	Comments:		Date:
	Signed Reviewee: Print Name:	Signed reviewer: Print Name:		Date:

Competency 6: Prepare the individual for supervised exercise

No.	Competency	Evidence	Date	Comments/ Action Plan
In relation to preparing the individual for supervised exercise the Physiotherapist will:				
	Have the necessary skills to ensure the individual understands the purpose, structure, procedures and objectives of their session and how they link to their goals.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to identify and respond to any information the individual provides in response to their previous sessions or any change in their condition through pre- class screening and clinical measures.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills and understanding to work in partnership with the patient to discuss, agree and record with the individual any changes to their planned session's activities.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to work with participants to ensure required preparation for the class is undertaken, including the administration of any necessary medications.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills and understanding to reinforce safety measures at all times.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills and understanding to ensure individuals are appropriately dressed and equipped for exercise e.g. footwear.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:

Signed Reviewee: Print Name:	Signed reviewer: Print Name:	Date:
---------------------------------	---------------------------------	-------

Competency 7: Lead and deliver the supervised exercise session

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to leading and delivering the supervised exercise session the Physiotherapist will:				
	Have knowledge and an understanding of the principles of exercise in relation to respiratory conditions (and co-morbidities) sufficient to support/lead the session.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to teach review and adapt individual and group exercise in response to changing circumstances and individual's response to exercise.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to establish and justify the staff/patient ratio based on supervision requirements and risk stratification.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to collaborate appropriately with other team members to ensure safe and effective class management.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to lead exercise sessions in line with the exercise principles appropriate to individual needs and functional abilities.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to provide individuals with warm up and cool down exercises that are appropriate to their clinical status and ability.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to provide instruction, explanation and exercise demonstration.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to monitor the individuals exercise performance by using subjective e.g. RPE, and objective e.g. Heart Rate, SpO2 measures to effectively monitor exercise intensity	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	Demonstrate the ability to observe individuals throughout the exercise session and take appropriate action as required including correcting technique and positive reinforcement.			
	<p>Have the necessary skills to prescribe, teach, progress and modify the following</p> <ul style="list-style-type: none"> ➤ Endurance exercise. ➤ Resistance exercise. ➤ Flexibility. ➤ Balance and coordination. 	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills for effective use of verbal instruction, demonstration and audio and visual cues and motivational techniques when delivering group exercise.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to provide individuals with an appropriate period of post exercise supervision.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee: Print Name:		Signed reviewer: Print Name:		Date:

Competency 8: Managing the unwell patients

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to managing the unwell patient the Physiotherapist will:				
	Have evidence of BLS certification in line with job description/professional registration requirements.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to identify and treat life-threatening situations or adverse events.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the appropriate response to changing signs and symptoms.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Learn to recognise and manage adverse events such as falls, sprains and fractures, muscle weakness, poor balance.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to act in a calm, sensitive efficient manner when dealing with an unwell individual and know when to escalate an adverse event.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Use the necessary skills and support of colleagues when managing an unwell individual, adapting role (within scope of practice) in response to the developing situation and ensure other group participants are managed appropriately.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to assess for signs and symptoms which may indicate a change in respiratory status and take appropriate action.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to recognise other signs and symptoms which may indicate a new condition or change in an underlying condition and take appropriate action.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to differentiate between respiratory and non-respiratory symptoms and take appropriate action.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to deal appropriately with individuals who present with medical complications that	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	require intervention but do not necessarily require exclusion from exercise e.g. angina, poor diabetic control, hypotension, slow or fast HR etc.			
	Have the knowledge and understanding and ensure familiarity with and describe the local emergency protocols for managing an unwell individual.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to give a concise and accurate handover to HCP and complete appropriate documentation.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee: Print Name:		Signed reviewer: Print Name:		Date:

Competency 9: Collaborative self – management & psychosocial management & MDT Education

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to collaborative self-management the Physiotherapist will :				
	Have experience working with individuals with chronic lung disease in physiotherapy	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have experience working in a group setting in physiotherapy	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have awareness of whole-system supports for self-management including maintenance exercise programmes, Peer Support Groups, the Living Well Programme, Social Prescribing.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to practise and reinforce techniques to promote self-management behaviour change,	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	increase patient knowledge, goal setting, problem solving and shared decision making.			
	Have the necessary skills to provide information necessary to enable individuals to make informed decisions about all aspects of PR.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to identify impairments to learning and adapt educational strategies appropriately.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to provide relevant resources related to all areas of exercise and education.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of behaviour change.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to teach relevant individualised self-management plans.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to teach strategies for prevention, early recognition and treatment of exacerbations including an action plan.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to teach medication adherence including inhaler technique and teaching inhaler technique.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of end of life discussions and advanced directives including palliative care. Identify the need and facilitate onward referrals to other services where appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding and ability to teach the effects of smoking or passive smoking on CLD. Have knowledge of local smoking cessation supports available and identify the need and facilitate onward referrals to other services where appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to explain the effects of being under-weight or overweight with CLD when participating in PR. Identify the need and facilitate onward referrals to other services where appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	Have knowledge and an understanding of nutritional counselling. Identify the need and facilitate onward referrals to other services where appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of medications- types, indications, contraindications.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to teach airway clearance techniques.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to teach breathing techniques.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to teach energy conservation. Identify the need and facilitate onward referrals to other services where appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of CLD and emotional functioning especially anxiety and depression.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of CLD and social relationships and quality of life.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of CLD and cognitive function & socioeconomic factors.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of the pharmacological agents that can be used to treat psychological distress.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of other services for onward referral to address psychosocial distress or cognitive concerns.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to use validated tools screening for anxiety and depression and quality of life, taking appropriate action based on outcomes.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform individual or group education to address stress management and effective coping strategies.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
	Improvement required <input type="checkbox"/>	Agreed action <input type="checkbox"/> (outline as appropriate)	Date:	

Yes competency achieved <input type="checkbox"/>	Comments:	Date:
Signed Reviewee: Print Name:	Signed reviewer: Print Name:	Date:



Competency 10: Post assessments and forward planning

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to forward planning the Physiotherapist will:				
	Have the necessary skills to conduct an appropriate assessment on completion of the programme which evaluates progress to date and establishes a discharge plan for the individual.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Provide the referrer/GP/healthcare professional with a discharge summary and maintenance plan.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to provide information on future options for continued activity including home based exercise, support groups, social prescribing and maintenance classes if available.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to reinforce the benefits of physical activity and on-going self-management long term exercise.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to enable the individual to carry out self-monitoring to continue to exercise, and to continue to live well with their condition.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding to discuss and facilitate onward referrals to other services where appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee: Print Name:		Signed reviewer: Print Name:		Date:

Competency 11: Virtual Pulmonary Rehabilitation (VPR) if appropriate locally

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to virtual PR the Physiotherapist will:				
	Have knowledge and an understanding of telerehabilitation, benefits, indications and criteria for use.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to evaluate relevant factors impacting the delivery of telerehabilitation, including patient digital literacy, reliable internet connection, and availability of suitable devices to support the video-conferencing platform.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		

	Have knowledge and an understanding of telerehabilitation assessment of patients if unable to perform assessment face to face.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have knowledge and an understanding of the impact of telerehabilitation on the ability to monitor, progress and modify exercise safety.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding of assessment and monitoring tools appropriate for use with telerehabilitation.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to adhere to local policies on GDPR and consent and security.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to communicate effectively via telerehabilitation.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to put systems in place that will ensure the safe and effective delivery of a service.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to identify outcome measures which are safe and easy to collect via virtual technology.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to identify outcome measures which should ideally be carried out in-person (e.g. exercise testing for the purpose of assessing desaturation).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have knowledge and an understanding of pathways/measures in place in the event of adverse reactions to exercise during VPR.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/> N/A <input type="checkbox"/>		
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee:		Signed reviewer:		Date:

Print Name:	Print Name:	
-------------	-------------	--

Operational & Services Competencies

Competency 12: Prepare, adapt environment and equipment

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to preparing and adapting the environment and equipment the Physiotherapist will :				
	Have evidence of up to date mandatory training in Basic Life Support infection control, health and safety.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to perform a full risk assessment of venue (to include medical gases i.e. oxygen) using the HSE Risk Assessment Matrix (please see HSE Document 'Risk Assessment Tool and Guidance including guidance on application).	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to identify, organise and provide suitable location for the service with senior management.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to apply national health and safety guidelines and local operational policies when conducting environmental health and safety assessments.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to identify potential risks and minimise resulting hazards in the environment in which the session will take place- adequate heat, light, ventilation.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to ensure that any necessary equipment, furniture or resources are prepared, available and in a fit state and ready for use.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding to ensure that any equipment transferred to community venues is transported and stored safely.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		

	Have knowledge and an understanding to follow local policies and procedures to report and record problems with the environment or equipment.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding to ensure resuscitation equipment is in place, it is checked and ready to use.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have knowledge and an understanding to ensure oxygen equipment that is in place is checked and ready to use and stored appropriately.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to advise patients to bring their own rescue inhaler, angina medication, and portable oxygen (id prescribed) to each class.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to adapt the exercise environment during exercise session as appropriate.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to ensure all equipment is cleansed as per local infection control guidelines. Local guidelines with regards to the disinfectant/sterilizing agent to be used, the strength of the solution, safety wear when mixing solutions, storage and mixing area for chemicals, and individual equipment requirements.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
	Have the necessary skills to ensure all staff is aware of and compliant with applicable health and safety legislation, including incident reporting and be able to act accordingly.	Competent <input type="checkbox"/> Area for development <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee: Print Name:		Signed reviewer: Print Name:		Date:

Competency 13: Service planning and management

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to service planning and management the Physiotherapist will :				
	Have the necessary skills to agree and establish clear service aims and objectives with measurable outcomes for exercise and quality of life.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to plan, develop and implement operational procedures and protocols for service delivery including inclusion criteria, exclusion criteria in line with evidence based practice.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have knowledge and an understanding to review all protocols on regular basis.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to develop and implement system's to ensure service evaluation and development.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to record and submit national KPIs.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to provide effective operational management of the team prioritising workload, ensuring adequate staffing levels and skill mix to cover service provision.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Have the necessary skills to engage in effective teamwork to promote quality, continuity of care and a cost effective service.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		

	Have knowledge and an understanding of accountability for implementation of health and safety legislation and policies and procedures.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Provide evidence of effective consultation with service users when planning and developing the service.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Ensure that all professionals delivering the exercise programme hold the appropriate qualifications, knowledge and skills.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Provide timely and accurate reports and handovers to ensure seamless transition between service providers.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
	Contribute to the development of others by providing a wide range of Continued Professional Development (CPD) opportunities.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/> N/A <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee: Print Name:		Signed reviewer: Print Name:		Date:

Competency 14: Service evaluation

No.	Competency	Evidence	Date	Comments/Action Plan
In relation to service evaluation the Physiotherapist will :				
	Have the necessary skills to identify, develop and implement appropriate data collection enabling comprehensive service evaluation. Ensure timely submission of required ECC Metrics	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Have the necessary skills to identify and use appropriately valid and reliable quantitative and qualitative assessment tools to measure the value of the programme.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Have the necessary skills to collect and record individual patient outcome measures on a database.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Have the necessary skills to accurately collect and record key service data including referral information, attendance, and uptake records.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Have the necessary skills to ensure that service users have contributed to the evaluation process.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Have the necessary skills to analyse local service data using reliable methods and draw valid conclusions and make recommendations for the service.	Observed <input type="checkbox"/> Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
Competency Achieved				
Improvement required <input type="checkbox"/>		Agreed action <input type="checkbox"/> (outline as appropriate)		Date:
Yes competency achieved <input type="checkbox"/>		Comments:		Date:
Signed Reviewee: Print Name:		Signed reviewer: Print Name:		Date:

Competency 15: Continued Professional Development (CPD) and Quality Improvement

No.	Competency	Evidence	Date	Comments & Actions
In relation to CPD the Physiotherapist will :				
	Engage in continuous professional development to stay updated on best practices in pulmonary rehabilitation	Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Attend workshops, conferences, and training sessions relevant to respiratory care	Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Participate in quality improvement projects aimed at enhancing the delivery and outcomes of pulmonary rehabilitation services	Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Utilise audit data and patient feedback to refine and improve care pathways	Discussed <input type="checkbox"/> Other <input type="checkbox"/>		
	Analyse local service data using reliable methods and draw valid conclusions and make recommendations for the service.	Discussed <input type="checkbox"/> Other <input type="checkbox"/>		

Acknowledgements

Thank you to the specialist physiotherapy team who assisted in the updated this document.

- Niamh Duignan Clinical Specialist Physiotherapist Galway City Hub.
- Clodagh O'Meara Clinical Specialist Physiotherapist Dublin North West Hub.
- Agnes Barry Clinical Specialist Physiotherapist, Louth Hub.
- Susan Arthurs Clinical Specialist Physiotherapist Kerry Hub.

With input from Staff Grade physiotherapists Ciara Cummins and Rebecca O'Malley.

Thank you to the Physiotherapist Managers who professionally line manager the physiotherapists in the Specialist Ambulatory Care Hubs who reviewed and provided feedback on the document.

NCP Working Group on this document

Susan Curtis, Programme Manager
Sign off Dr Sarah O'Brien NCAGL 13/11/24

Resources

1. Bolton CE, Bevan Smith EF, Blakey JD, et al. Thorax 2013; 68:ii1–ii30. BTS Guideline on Pulmonary Rehabilitation in Adults British Thoracic Society Pulmonary Rehabilitation Guideline Group
2. Prime TOOL <https://www.csp.org.uk/documents/copd-prime-tool>
3. An Official American Thoracic Society/European Respiratory Society Statement: Key Concepts and Advances in Pulmonary Rehabilitation AMERICAN JOURNAL OF RESPIRATORY AND CRITICAL CARE MEDICINE VOL 188 2013
4. Chronic obstructive pulmonary disease in over 16s: diagnosis and management NICE guideline [NG115] Published: 05 December 2018
5. Chronic obstructive pulmonary disease in adults Quality standard [QS10] Published: 28 July 2011 <https://www.nice.org.uk/guidance/qs10>
6. Pulmonary rehabilitation <https://www.erswhitebook.org/chapters/pulmonary-rehabilitation/>
7. ATS Statement Guidelines for the Six-Minute Walk Test <https://www.atsjournals.org/doi/10.1164/ajrccm.166.1.at1102>
8. Task Force Report. ERS /ATS Technical Standard. Field Walking Test in Chronic Respiratory Disease. Eur Respir J 2014; 44: 1428–1446 | DOI: 10.1183/09031936.00150314
9. How to carry out a field walking test in chronic respiratory disease <https://breathe.ersjournals.com/content/11/2/128>

10. HSELand module - COPD

11. HSELand module – Asthma

12. HSELand module- Pulmonary Rehabilitation

13. NCP Respiratory Guidance document:

1. Setting up a Pulmonary Rehabilitation Programme for Healthcare Professionals
2. Setting up a Virtual Pulmonary Rehabilitation Programme.

14. Irish Guidelines on Long Term Oxygen Therapy (LTOT) in Adults 2015