

Developing an Effective Program Based on the Evidence-Based Clinical Practice Guidelines

Andrew L. Ries, M.D., M.P.H.
University of California, San Diego

- There is a strong, growing, and scientifically sound evidence base for pulmonary rehabilitation as a standard of care in the management of patients with chronic lung diseases
- Pulmonary rehab is an effective treatment and preventive health strategy to improve function, symptoms, and quality of life and reduce health care utilization
- Rigorous, systematic reviews and evidence-based guidelines have helped convince health plans and insurers to support pulmonary rehabilitation, particularly as they become aware of the expenses and burdens of chronic lung disease and of the established benefits.
- The 2007 evidence-based guideline developed by ACCP and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) provides an updated, comprehensive review with recommendations for
 - Outcomes of comprehensive pulmonary rehabilitation programs including lower extremity exercise training, dyspnea, health-related quality of life, health-care utilization, survival, psychosocial outcomes, and long-term benefits
 - Duration of pulmonary rehabilitation intervention
 - Post-rehabilitation maintenance strategies
 - Intensity of aerobic exercise training
 - Strength training
 - Anabolic agents
 - Upper extremity training
 - Inspiratory muscle training
 - Education
 - Psychological and behavioral components
 - Oxygen supplementation
 - Noninvasive ventilation
 - Nutritional supplementation
 - Rehabilitation for patients with disorders other than COPD.

Ries AL, Bauldoff GS, Carlin BW et al. Pulmonary rehabilitation: joint ACCP/AACVPR evidence-based clinical practice guidelines. *Chest* 2007; 131(suppl)(5):4S-42S (Executive Summary 1S-3S)