

## **Elective Module: Pulmonary rehabilitation**

### **Introduction**

In this module, we focus on an important area for discussion that are critical for a physician to understand.

Chronic respiratory disorders are a group of respiratory ailments with significant morbidity. Pulmonary rehabilitation is a comprehensive intervention imparted by a multidisciplinary team in chronic respiratory diseases to improve outcomes from a clinical and a healthcare standpoint. This activity will highlight the essential components of the rehabilitation program. It will go over the definition, the physiological basis of the exercise program, indications, structure, conglomerated interventions, and its benefits with evidence highlighting them. As a physician and an MBBS student, it is important to understand this as you will encounter many patients with respiratory diseases in your medical practice. Therefore, one must know the role of the interprofessional team in evaluating and improving care for patients with chronic lung diseases. In this module the students will learn what is pulmonary rehabilitation, what are components of pulmonary rehabilitation program, its indications, different modalities of exercises in pulmonary rehab program.

In this module the students will learn what is pulmonary rehabilitation, when to perform it, how to perform it.

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| Name of Block                                                | Block 2                                                                                                                                                                                                                                                                                                        |
| Name of Elective                                             | Pulmonary Rehabilitaion                                                                                                                                                                                                                                                                                        |
| Location of hospital Lab or research facility                | Dept. of Respiratory Medicine                                                                                                                                                                                                                                                                                  |
| Name of internal preceptor (s)                               | Dr. Amandeep Singh                                                                                                                                                                                                                                                                                             |
| Name of external preceptor (if applicable)                   |                                                                                                                                                                                                                                                                                                                |
| Learning objectives of elective                              | <p>In the end of elective posting, phase 3 part 2 MBBS Student should be able to:</p> <ol style="list-style-type: none"> <li>1. What is pulmonary rehabilitation</li> <li>2. When to advice pulmonary rehabilitation</li> <li>3. Who administers pulmonary rehabilitation</li> <li>4. Various teams</li> </ol> |
| Number of students that can be accommodated in this elective | 4                                                                                                                                                                                                                                                                                                              |
| Pre-requisites for elective                                  | Knowledge of following topics:<br>Pulmonary rehabilitation                                                                                                                                                                                                                                                     |
| Learning resources for students                              | <ol style="list-style-type: none"> <li>1. Davidson's Principles of Medicine</li> <li>2. Harrison s Principles of Internal Medicine</li> </ol>                                                                                                                                                                  |
| List of activities of student participation                  | <ol style="list-style-type: none"> <li>a. History taking and examination of cases</li> <li>b. Diagnosing and management of patients with respiratory illness</li> </ol>                                                                                                                                        |
| Portfolio entries required                                   | Daily log of activities participated and examining and discussing cases of COPD, ILD, Pulmonary Rehabilitation                                                                                                                                                                                                 |
| Log book entry required                                      | Satisfactory, completion of posting signed and verified by the Preceptor with "M" grade                                                                                                                                                                                                                        |
| Assessment                                                   | <ul style="list-style-type: none"> <li>• Attendance</li> <li>• Tutorials</li> <li>• PPT presentation at the end of the elective</li> <li>• Viva</li> <li>• Case presentation at the end of the elective</li> </ul>                                                                                             |

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| Other comments |  |
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