

# Rural Interprofessional Seminar Series

Supporting Health Education in Rural and Remote Areas

SAVE THE DATE!

## LUNGS FOR LIFE

WEDNESDAY 24 MAY 2023, 2PM - 3PM AEST

Managing chronic lung disease through pulmonary rehabilitation, and exploring application to rural and remote settings.

Rural clinicians and students are invited to this inter-professional seminar designed to increase capability and confidence of rural health care providers who work with or are studying chronic lung diseases.

Join Professor Jennifer Alison and Aboriginal colleague David Meharg in exploring the impact of chronic lung disease in rural and remote areas.

Understand some of the co-occurring issues faced by rural people and communities, including supporting the attendance of those who are reluctant to reach out for assistance. Their presentation will also explore practical strategies and evidence-based approaches to care.

This information will be relevant to a wide range of health professionals with a specific focus on a case study through pulmonary rehabilitation.

### REGISTRATION IS FREE

This session is sponsored by the Health Education and Training Institute at no cost.

### WHO IS THIS SEMINAR FOR?

This seminar is for those with an interest in managing chronic lung disease in rural and remote settings:

- Aboriginal health worker and practitioners
- Rural Generalists
- Practice managers
- Nurse practitioners and registered nurses
- Chronic disease health educators
- Allied health clinicians
- Rural-based students undertaking health related courses
- Other Aboriginal and rural-based medical staff.

### GUEST SPEAKERS

#### Professor Jennifer Alison

Jennifer (Jenny) Alison is a Professor of Respiratory Physiotherapy at the University of Sydney and Professor of Allied Health at Sydney Local Health District.



#### David Meharg

Mr David Meharg is a Murri man from south-east Queensland who was raised on Wiradjuri country in central NSW. David manages the 'Breathe Easy, Walk Easy, Lungs for Life (BE WELL)' project at the University of Sydney.



## LEARNING OBJECTIVES

- To understand pathophysiology of chronic lung diseases (particularly COPD), the prevalence of COPD and the use of spirometry in case finding/ diagnosis of COPD.
- Review the literature on the value of pulmonary rehabilitation and expected outcomes for people with COPD.
- Understand the physiological reasons for improvements achieved during a pulmonary rehabilitation program.
- Gain knowledge of what patients do in a pulmonary rehabilitation program.
- Explore how pulmonary rehabilitation can be provided in rural, remote and Aboriginal Community Controlled Health Service settings.
- Provide an overview of the 'Breathe Easy, Walk Easy, Lungs for Life (BE WELL)' project.
- Discuss the barriers to attendance at pulmonary rehabilitation.

## TO REGISTER

Click on link or scan QR code below

<https://managing-chronic-lung-disease-through-pulmonary-rehabilitation.eventbrite.com.au>



## ENQUIRIES

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