



## Lungs in Action Eligibility Criteria

### ELIGIBILITY CRITERIA FOR LUNGS IN ACTION

#### **Low Intensity Exercise**

##### **Eligible for Lungs in Action**

Anyone is eligible for Lungs in Action if they meet the list of conditions below and display the following attributes:

- Understand the limitations of their conditions
- Can follow instructions
- Can self-manage to maintain their perceived level of exertion to the appropriate level on the original or modified BORG Scales
- Have medical clearance to exercise
- Have completed rehabilitation within the last 12 months without hospitalisation (in the case of respiratory conditions and heart conditions). If hospitalisation occurred or exceeded 12 months, an assessment by the rehabilitation physiotherapist is required prior to admission to Lungs in Action.

Anyone with stable chronic lung disease including:

- COPD
- Bronchiectasis
- Asthma
- LAM
- Lung Transplant
- Pulmonary Fibrosis
- Alpha-1 Antitrypsin Deficiency

Anyone with stable chronic heart failure including

- At least 2 months following hospital discharge for acute myocardial infarction, unstable angina pectoris, coronary bypass surgery, heart valve surgery or other cardiac surgery and have completed rehabilitation.
- At least 1 month following hospital discharge for coronary angioplasty, stenting with stable CAD
- Heart Failure NYHA Class I, II, III who have completed rehabilitation

Anyone who is frail or elderly but otherwise healthy and able to safely mobilize independently with or without a walking aid.

#### **Medically Supervised Exercise Only**

##### **Not eligible for Lungs in Action**

- Anyone with a chronic respiratory condition who has NOT completed pulmonary rehabilitation (except Mild Respiratory who has been assessed by pulmonary rehabilitation physiotherapist)
- Anyone with NYHA Class IV Heart Failure
- Anyone with NYHA III Heart Failure with poorly controlled symptoms
- Anyone with Heart Failure who has NOT completed rehabilitation
- Anyone with psychological conditions that may impact on their ability to safely follow exercise guidelines and who may impact on the safety of others
- Anyone within the time guidelines given above (i.e. within 2-3 months of AMI, UAP, CABG, heart valve surgery etc)
- Complex ventricular arrhythmia or new onset of other arrhythmia
- Significant drop in systolic blood pressure below resting levels during exercise
- Other medical conditions that are poorly controlled or impact upon safety (eg poorly controlled diabetes, poorly controlled or worsening angina, poorly controlled chronic pain, falls risk)
- A medical problem that may be life threatening.

For more information on 'Lungs in Action' visit [www.lungsinaction.com.au](http://www.lungsinaction.com.au) or contact [lungsinaction@lungfoundation.com.au](mailto:lungsinaction@lungfoundation.com.au) | 1800 654 301