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RIGA EAST UNIVERSITY HOSPITAL

Pulmonary rehabilitation after TB cure? Example of Latvia.

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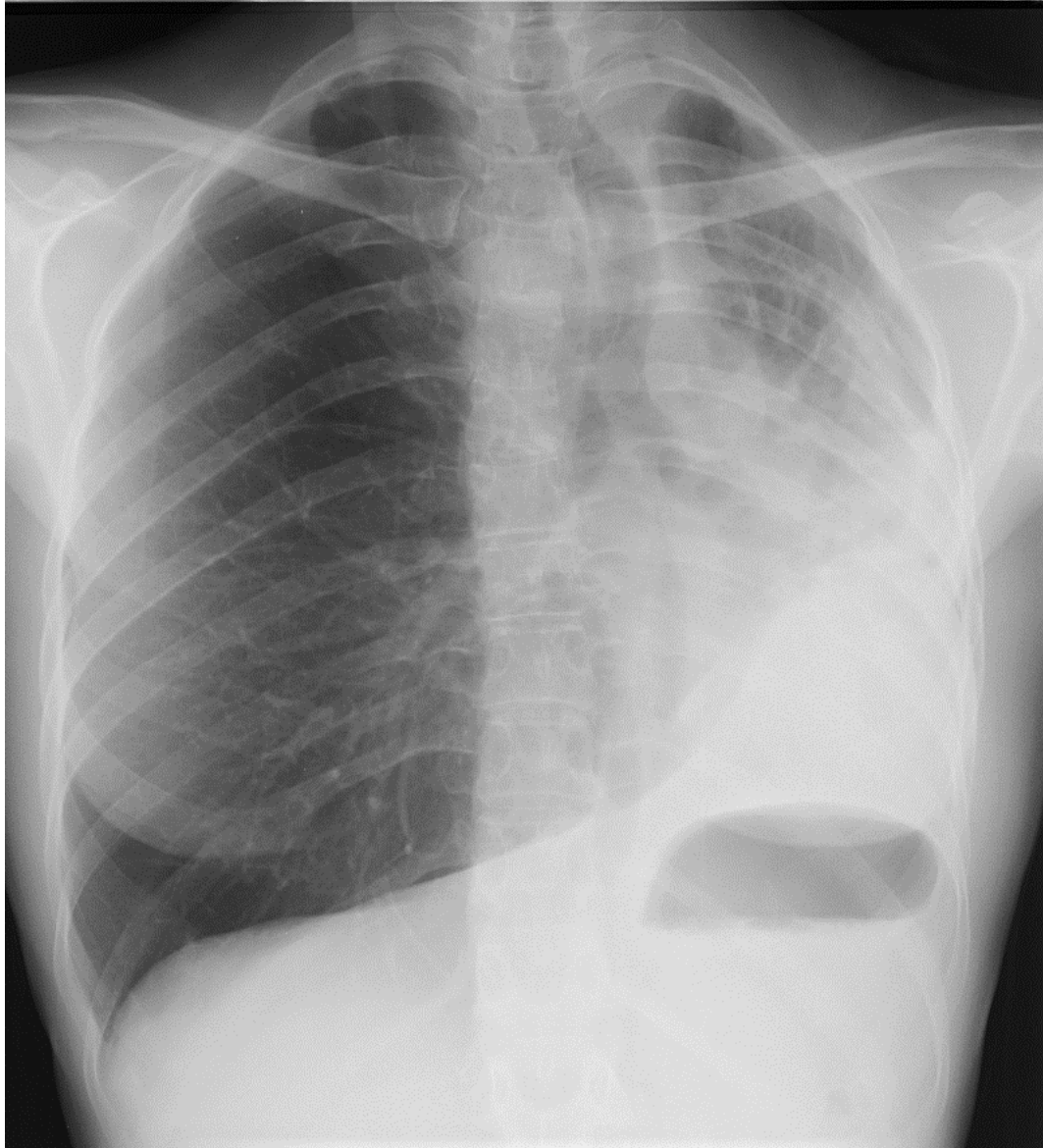
www.tblatvia.com

Definition

Comprehensive intervention based on a thorough patient assessment followed by patient-tailored therapies that include, but are not limited to, exercise training, education, and behavior change, designed to improve the physical and psychological condition of people with chronic respiratory disease and **to promote the long-term adherence to health-enhancing behaviors”**

ATS/ERS Statement on Pulmonary Rehabilitation 2013.

Ilze 37 y.o.



- Mild mental retardation. Adjustment disorder with anxiety.
- Diagnosed with RR TB (Ss&Cc +) in January
- Started treatment in hospital
- Stable culture conversion since February

Jevgenijs 46 y.o.



- Unemployed
- Smoker > 30 p.y., alcohol excessive use
- Diagnosed with RR TB (Ss&Cc +) in October and started treatment in hospital
- Stable culture conversion since December

The **treating physician**
plans and is responsible
for the patient's
rehabilitation

Pulmonary rehabilitation is designed

- to **reduce** symptoms
- to **optimize** functional status
- to **improve** health-related quality of life

Pulmonary rehabilitation

Patient's assessment

Physiotherapy (exercise therapy)

Education of the patients

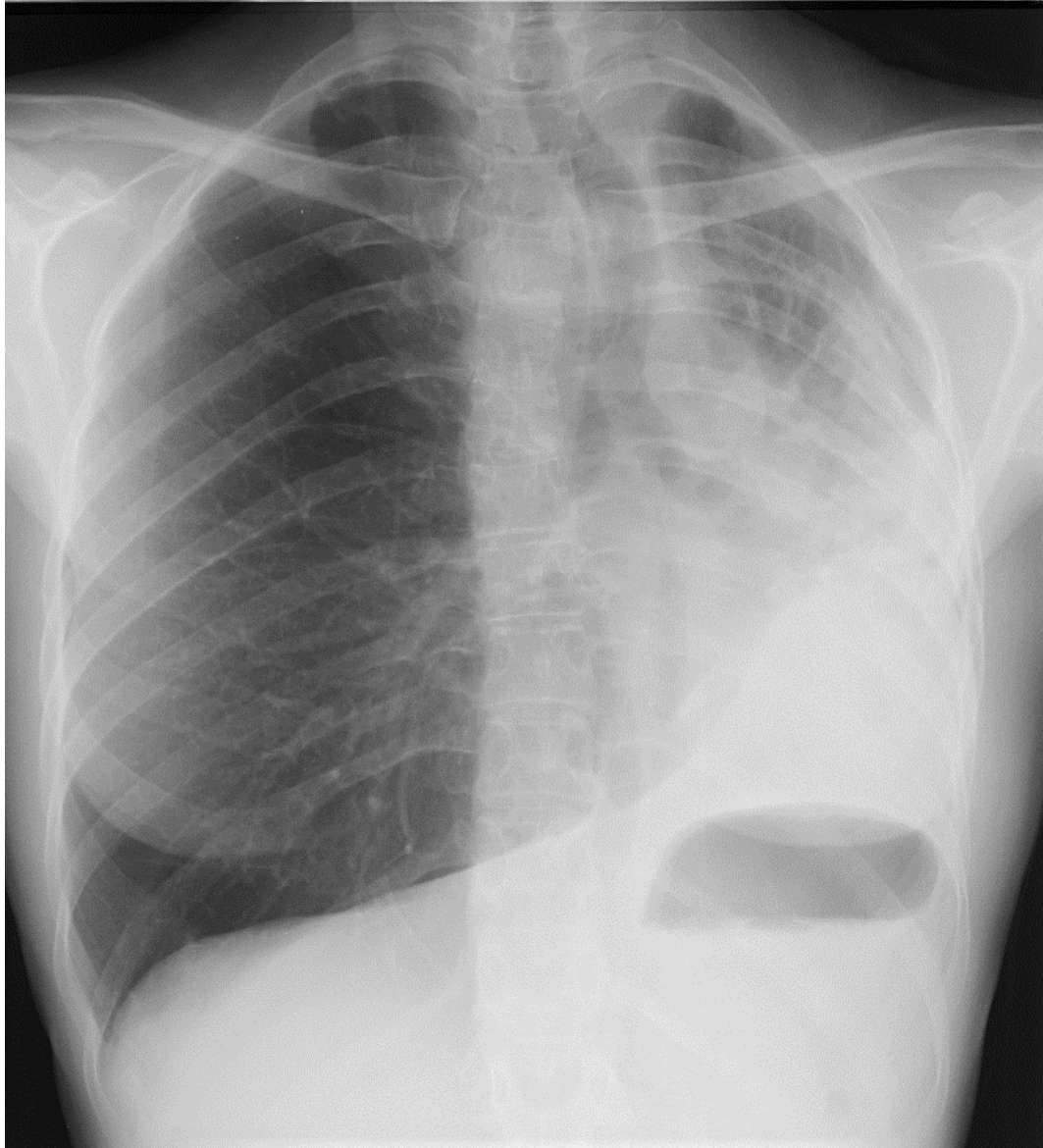
Psychosocial support

Physical Therapy

Main forms of exercise therapy

- Breathing exercises
- Peripheral muscle training
- Training of physical endurance

Ilze 37 y.o.

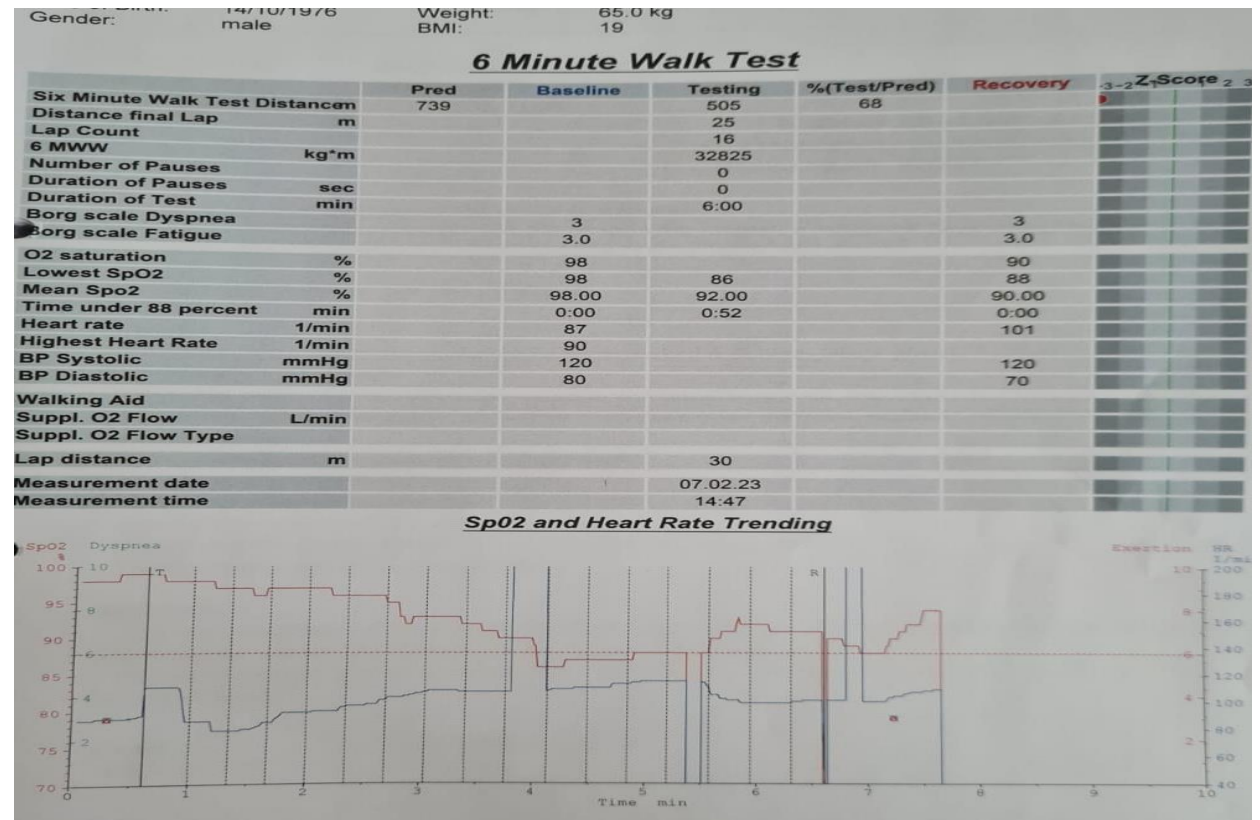


- Pulmonary hypertension.
- 2 weeks intensive pulmonar rehabilitation course was organized in the regional hospital
 - aimed social support
- After the course continue TB treatment in outpatient setting

Jevgenijs 46 y.o.



- Discharged to the regional hospital with recommendations for everyday exercise training program
- Continue treatment in outpatient setting
- long-acting beta-agonists prescribed for everyday use



How much of a task would it be for national TB programmes to assess TB patients

- On average, the assessment, measurements and 6-min walking test (to assess functional disability) took just **over 20 min** to complete.
 - Nearly half of the patients had ongoing symptoms,
 - 20% were unable to walk 400 m in 6 min
 - 20% had associated DM and
 - 10% were current smokers.

