Home-based pulmonary rehabilitation early after hospitalisation in COPD (Early HomeBase): protocol for a randomised controlled trial.


Supplementary material
Figure S1. Participant checklist for establishing stability to exercise
Before you exercise

Exercise is not recommended if you have a chest infection or a flare up of your lung condition that has not been treated. Before you exercise, please ensure you have checked that you do not have any symptoms of a flare up.

Warning signs for a moderate flare up:

- more wheezy or breathless than normal
- increased cough or sputum, change in colour of sputum
- loss of appetite or difficulty sleeping
- taking more reliever medication than normal

If you have any of these warning signs of a moderate flare up, please do not start your exercise. Instead, ring the physiotherapist:

Dr NARELLE COX  
(Principal Researcher)  
Ph: xxxxxxxxxx (landline) 
or  
Ph: xxxxxxxxxx (mobile)

Site specific  
Pulmonary Rehab  
Co-ordinator  
xxxxxxxxxx

The physiotherapist may ask you contact your local doctor or respiratory specialist.

Warning signs for a severe flare up:

- unable to perform normal activities like bathing and dressing
- fever or chills
- increased swelling of ankles
- extremely short of breath

If you have any of these warning signs of a severe flare up, please call the ambulance on 000 and tell them you have COPD.