

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

NS Cox, A Lahham, CF McDonald, A Mahal, P O'Halloran, G Hepworth, L Spencer, R McNamara, J Bondarenko, H Macdonald, S Gavin, AT Burge, C Le Maitre, C Ringin, E Webb, A Nichols, L-L Tsai, N Luxton, S van Hilten, M Santos, H Crute, M Byrne, H Boursinos, J Broe, M Corbett, T Marceau, B Warrick, C Boote, J Melinz, AE Holland.

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: xxxxxxxxx (landline)
or
Ph: xxxxxxxxxxxx (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.

