

Referral to pulmonary rehabilitation after a COPD admission



Assume that today's date is 21 October 2026. You are the practice nurse at Hillview Medical Practice. The GP has asked you to refer Mr Clarke to the local pulmonary rehabilitation programme. Using the information in the case notes, write a letter to Ms Laura Pham, the Pulmonary Rehabilitation Coordinator, requesting assessment and enrolment. Address the letter to Ms Laura Pham, Pulmonary Rehabilitation Coordinator, Hillview Community Health Centre, 3 Park Lane, Hillview. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

Patient details

1. Name: Mr Desmond Clarke
2. DOB: 25/11/1959 (66 yrs)
3. Retired train driver

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Social background

4. Lives with wife on 2nd floor of apartment building — no lift; avoids going out because of stairs
5. No longer drives since admission; wife can drive him on Tuesday and Thursday mornings
6. Ex-smoker — quit 09/26 (during admission); 45 pack-years
7. Football fan; attends grandson's matches when able
8. Grandson's wedding March 2027 — goal: 'wants to be able to dance'

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Medical history

9. COPD — spirometry 06/26: FEV1 48% predicted, FEV1/FVC 0.55 post-bronchodilator
10. 2 exacerbations in last 12 months; hospital admission 24/09–01/10/26 (no ventilation required)
11. Type 2 diabetes — diet controlled; HbA1c 6.4%
12. Osteoarthritis L hip — limits walking; uses walking stick
13. Hearing impairment — wears bilateral hearing aids
14. Cataract surgery R eye 2023
15. Allergies: nil known

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Current medications

16. Tiotropium + olodaterol inhaler, 2 puffs once daily
17. Salbutamol inhaler 2 puffs PRN (approx. 3x/day currently)
18. Paracetamol 1 g BD for hip
19. Influenza and pneumococcal vaccinations up to date

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Practice nurse review 20/10/26

20. Stops for breath after walking approx. 100 m on level ground (mMRC grade 3)
21. SpO2 93% at rest on room air; HR 88; BP 134/82
22. 6-minute walk test 240 m; SpO2 lowest 89% during test, recovered in 2 min
23. Inhaler technique checked and corrected
24. Anxious about breathlessness — fears 'not being able to breathe' when exercising
25. Reports limited understanding of what COPD is
26. Says hospital 'rushed him out' and complains about discharge process
27. Asked whether lunch is provided at rehabilitation sessions

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Plan

28. Refer to 8-week pulmonary rehabilitation programme (Tue/Thu mornings preferred)
29. COPD action plan provided; GP review in 4/52

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