

Project	Name:	REACH Pulmonary Rehabilitation (Rehabilitation Exercise At Home)
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	<p>The REACH trial (Rehabilitation Exercise At Home) is a trial of telerehabilitation for people with chronic respiratory disease. The study is being conducted by researchers from La Trobe University, Alfred Health and Austin Health in Melbourne; Wimmera Health Care Group, Horsham and West Wimmera Health Service in Nhill.</p> <p>People who choose to take part in the study will have an equal chance of having pulmonary rehabilitation delivered via the internet (telerehabilitation) or in the usual centre-based (hospital outpatient) program.</p>	
Objectives	The study aims to see whether telerehabilitation achieves equivalent clinical outcomes to traditional centre-based (hospital outpatient).	
	Telerehabilitation (delivered at home): will involve one home visit from a physiotherapist, followed by twice weekly exercise training sessions supervised by a physiotherapist over the internet. Participants will be able to see the physiotherapist and up to 5 other people exercising at the same time via an iPad. Participants are provided with an exercise bike, iPad and internet connection to use during the trial.	
	Outcomes for individuals randomised to telerehabilitation will compared to those for individuals randomised to centre-based (hospital outpatient) program.	
Status:	<input type="checkbox"/> Incomplete <input type="checkbox"/> Complete <input checked="" type="checkbox"/> Ongoing <input type="checkbox"/> Other _____ <input type="checkbox"/> Follow-up activities identified (new template)	
Governance	The study has been approved by the Human Research Ethics Committee of Alfred Health (HREC/15/Alfred/101) as part of the Streamlined Ethical Review Process (SERP). Site governance has been approved at all participating sites.	
Infrastructure/software	iPad using Zoom, patient monitoring watch - Genactiv.	

Clinician Engagement	There has been very strong clinician engagement through all stages of the project. Education has been provided by Professor Anne Holland, Professor Christine McDonald and Dr Narelle Cox to clinicians which has had a huge uptake and clinicians are keen to work on this project in any capacity. Education sessions have been conducted in Horsham, with participants invited from the wider region.
Consumer Engagement	Consumer engagement in the telerehabilitation arm of the study has surpassed all expectations. Consumers are championing the program and there has been an uptake in self referral into Pulmonary Rehabilitation programs from across the Wimmera. Peer support has been huge and participants are creating their own support networks from involvement in this project.
Adaptability to other areas of service delivery	Absolutely! The only things that seem to be obstacles to this is if participants have physical restrictions (which are determined at first assessment) or speech/hearing difficulties.
Evaluations	Study outcomes will be analysed and published by the research team in due course. Results are not anticipated to be available before mid 2020.

Last updated: 4/12/2017