**Founded in 2016 by Paul Mills and Elaine Smith**

**IDEAS to raise awareness. for Pulmonary Rehabilitation Week UK and All Ireland June 16-20, 2025**

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**1 Poster about PR in pharmacies, invite your pharmacy teams to an online meeting & explain the benefits of PR have a *patient with you*.**

**2 Add a QR code to your PR referral form link it to a PR video**

**3 Screen saver at the hospital about PR, with a QR code to your PR video**

**4 Videos of PR in GP surgeries, Pharmacy & hospital TV systems.**

**5 Recruit patient volunteers who have completed PR**

**6 Set up a stall, carryout a meet and greet in the entrances to the following supermarkets, low referring GP surgeries, Hospital Restaurants, Hospitals Entrances. Respiratory departments, bingo halls, football stadiums, social services offices, leisure centres, town halls, Job centres social clubs,**

**7 Send a Press release to local media about PR, press release drop box** [**https://www.dropbox.com/scl/fi/myteaqc4aq5wlk0gi2pk9/TEMPLATE-PRESS-RELEASE-for-Pulmonary-Rehabilitation-Week-2025.docx?rlkey=4r3w6vv0xjmdh3dgl7fpzaqud&st=67fexwuc&dl=0**](https://www.dropbox.com/scl/fi/myteaqc4aq5wlk0gi2pk9/TEMPLATE-PRESS-RELEASE-for-Pulmonary-Rehabilitation-Week-2025.docx?rlkey=4r3w6vv0xjmdh3dgl7fpzaqud&st=67fexwuc&dl=0)

**8 PR patient champions in the media sharing their story about PR.**

**9 Live PR sessions on TV, Radio interview about PR, Produce a video about how PR benefits patients.**

**10 Patients post a message on social media, about how PR helped them.**

**11 Invite your local:**

**Mayor, Councillors, MP, Chief Executive of health services, Integrated Care System, Health Service Board, HE Trust Board members, to open PR session**

**12 Arrange an online meeting with your local hospital discharge team to explain PR.**

**13 Activity challenges for staff and patients (climbed Everest) virtual walks, sit to stand, step challenges.**

**14 Invite your Respiratory Consultants to try a pulmonary rehab session.**

[UHDB Consultants take part in Pulmonary Rehabilitation class at London Road Community Hospital](https://youtu.be/6VBmE3ZY5Tk)

**15 Target the lowest refers or non refers to PR.**

**16 Prize giving ceremony for the top local referrer to PR.**

**17 Can your PR patients who have completed PR do an online Question and .**

**18 Follow our YouTube channel Pulmonary Rehab Awareness**

[**http://www.youtube.com/@pulmonaryrehabawareness**](http://www.youtube.com/%40pulmonaryrehabawareness)

**19 Invite potential refers to an online meeting Zoom or Microsoft teams meeting Explain the benefits of PR**

**20 Find out from your local patients where you need to advertise PR**

**21 Can your patients who have completed PR do an online Question and Answer session for university pre-registration health care students, explaining how they benefited from PR. Send this video link to university course leads**. [Jody Bryant Associate Professor GIVING STUDENTS A UNIQUE INSIGHT Pulmonary Rehab Awareness](https://youtu.be/WfHyu5R9CrQ)

**22 Put a ring on it, ring fence time advertise the benefits of PR**

**23 Invite to an online meeting, practice nurses, GPs,lung transplant team, frailty team and explain the benefits of PR, have a patient with you**

**24 invite potential refers to (question) patients who have completed PR about the benefits of PR**

**25 Invite your local social workers and social prescribers to an online meeting explain the existence & benefits of PR.**

**26 Plan a local pulmonary rehab exercise flash mob for PR WEEK**

**27** **Low referrals Offer observation only session to patients who would benefit from before they do the pre-PR exercise assessment.**

**28 Explain the ability of PR to free up hospital bed space to your local 👉Hospital 👉Health Board 👉 Integrated Care Board 👉Health Trust 👉 Hospital discharge Team, 👉HSE 👉**

**PR reduces time spent in a hospital bed by 4:8 days if completed video** [**https://youtu.be/ZkQXESjhmg4?si=yrggWL80xhLRGRpt**](https://youtu.be/ZkQXESjhmg4?si=yrggWL80xhLRGRpt)

**Hashtag #pulmonaryrehabweek25 or tag twitter @prwukee on your social Facebook blue-sky Instagram posts during the week**

**Please follow our YouTube channel for more ideas**