

Digital technologies to deliver pulmonary rehabilitation programmes for adults with COPD: early value assessment

Information for the public

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NICE has said that myCOPD can be used in the NHS to deliver digital pulmonary rehabilitation programmes for adults with chronic obstructive pulmonary disease (COPD) who cannot have or do not want face-to-face pulmonary rehabilitation.

The NHS is collecting more evidence for this technology. You might be asked if details of your treatment can be collected as evidence. You can ask your healthcare professional about how your information will be stored and used.

NICE has said that the following technologies are only available for adults with COPD who cannot have or do not want face-to-face pulmonary rehabilitation in a research study:

- Active+me REMOTE
- Clinitouch
- Kaia Health COPD
- Rehab Guru, and
- Wellinks.

The key components of pulmonary rehabilitation include physical training, education about the condition, and nutritional, psychological or behavioural interventions. Digital technologies offer at least one component of a face-to-face programme, usually through an app that can be accessed on a phone, a computer or a tablet.

Is this technology right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

Questions to think about

- How well does it work compared with face-to-face programmes?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the technology does not work?
- What happens if I do not want to have the technology? Are there other treatments available?
- How will my information be used, if it is collected?

Information and support

The [NHS webpage on COPD](#) may be a good place to find out more.

[Asthma and Lung UK](#), 0300 222 5800, can give you advice and support.

You can also get support from your local [Healthwatch](#).

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