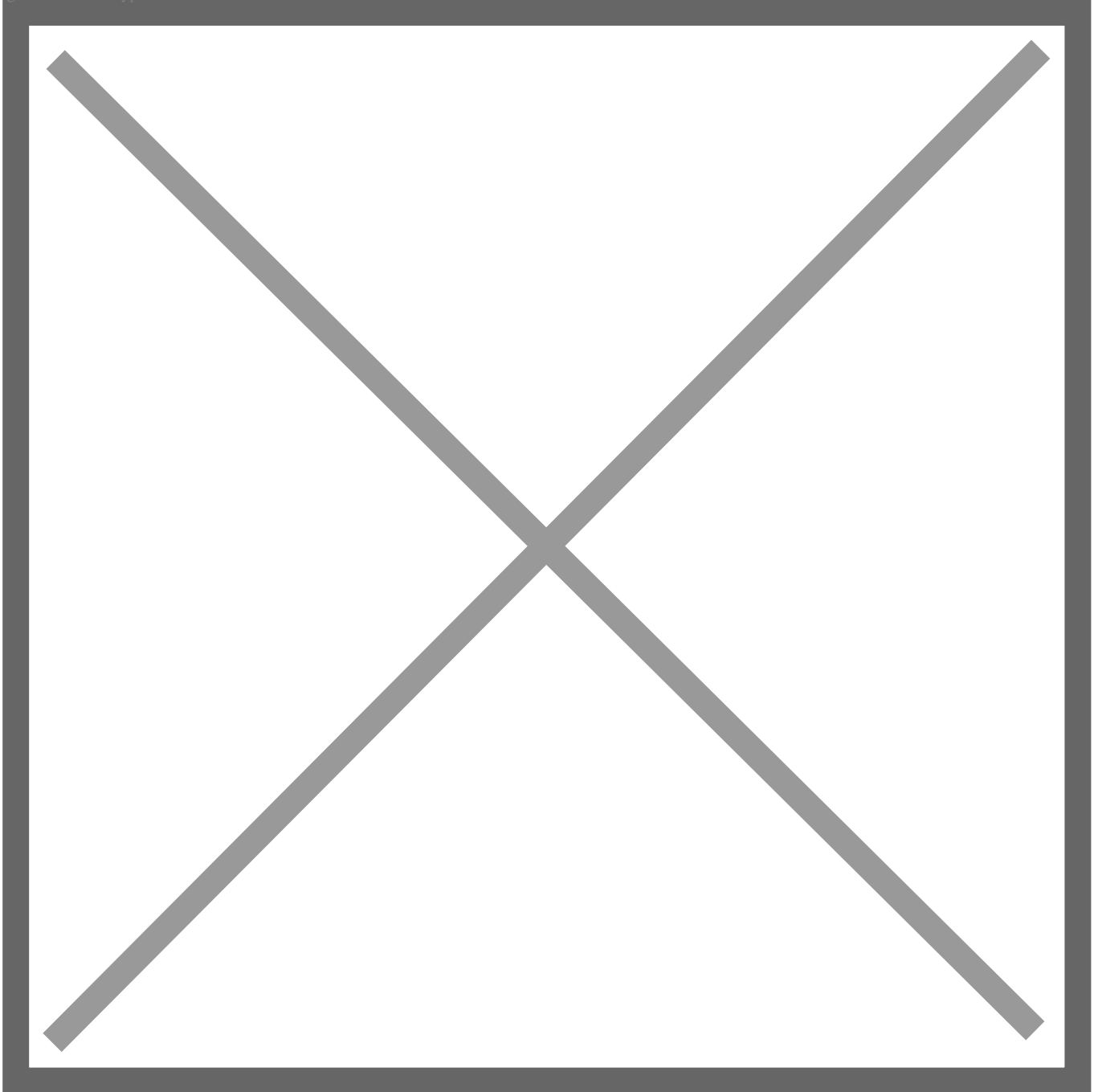


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*Aging & Chronic Diseases*

## **Remote oximetry monitoring in pulmonary rehabilitation**

Can people doing pulmonary rehabilitation via telerehabilitation learn to

# transmit oximetry data easily?

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Pulmonary rehabilitation is an exercise and education program developed to counteract the systemic effects of chronic respiratory disease. For people with chronic lung disease, it reduces dyspnea, lowers the risk of hospital readmission after acute exacerbation, and improves exercise capacity and quality of life.

Despite widespread recommendations that people with chronic lung disease attend these programs, less than 1% of them do. This is partly because of issues related to location and transportation. One way around this is to deliver pulmonary rehabilitation to the patient in their own home via internet-based video link.

This has also been shown to be very effective. However, one things that is typically done in face-to-face, hospital-based pulmonary rehabilitation is monitoring of the patient's heart rate and oxygen levels with a non-invasive probe that attaches over the patient's finger.

In a recent observational study, over 100 participants in a pulmonary rehabilitation program were assessed to determine whether they could learn to transmit valid oximetry data easily.

The participants, who were typically in their 60s, all learnt to record and transmit their heart rate and oxygenation data correctly very quickly - most achieved it on their first independent attempt. All had succeeded by their third independent attempt.

The locally stored data were compared to the transmitted data, which proved to be received accurately and with negligibly few missing data points.

The patients considered that remote monitoring of oximetry was acceptable. Therefore, the researchers concluded that oximetry recordings can be transmitted with minimal artefact or invalid data during home-based pulmonary rehabilitation.

Want to read deeper into this topic? Have a look at the free full text version of this article published in [Journal of Physiotherapy](#)!



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