

Today, on Episode 1, we are launching LungFIT – the pulmonary rehabilitation podcast from the University of British Columbia and St. Paul’s Hospital in Vancouver, Canada.

Today, I’m so excited to finally launch this podcast, which has been in development for several years now. On this episode, I want to introduce myself and describe to you our vision for this podcast and what you can expect to hear over the coming episodes.

First, I want to introduce myself. My name is Pat Camp and I’m an Associate Professor at the University of British Columbia, and a physical therapist. I’ve been involved in pulmonary rehabilitation for 25 years, and I started, with my friend and colleague Judy Richardson, the City of Vancouver’s first pulmonary rehabilitation program, located at St. Paul’s Hospital in downtown Vancouver in 1997. I’m proud to say that that program is still running. Prior to that though, I began my Master of Science thesis project at British Columbia’s longest-running pulmonary rehabilitation which was located, at that time, at Saint Mary’s Hospital in New Westminster, BC. That really got me interested in pulmonary rehab as a profession, as a research area, as a clinical area.

Now, I am involved in pulmonary rehabilitation research, care and policy at a local, national and international scale – and will be bringing some of that information to you. I’m also very interested in the professional development of the people who deliver care in pulmonary rehabilitation programs – the physical therapists, nurses, respiratory therapists, physicians and everyone else who works in these programs to make them successful. Professional development for us can be a bit difficult to find, so I’m hoping that this podcast will help fill in some of those gaps for you.

So, what can you expect from this podcast?

The first priority of this podcast is knowledge translation – how can pulmonary rehab professionals learn about the interesting research that’s happening in our field? Reading is important, but sometimes it can be difficult to make sense of the research in terms of methods, the results, and what it means to PR programs. A regular feature will be a PR journal club. I’ll take an open access PR journal article, and break it down for you so that you don’t just hear the results, but you gain an understanding of why certain methods were chosen, what the different measures were, some of the strengths and limitations of the work, and what it might mean for clinicians.

We will also have episodes on many different topics of interest. Some will relate to the nuts and bolts of running a program – such as How Can I Increase my Referrals? What Outcome Measures Should I Use? How Do I Ensure My Program is Funded? How Do I Diversify in Terms of Patient Population? Other episodes will be focused on understanding quality improvement in pulmonary rehabilitation, or specific skill sets in assessment, exercise, education, and measurement, or what is on the horizon for pulmonary rehab research.

We’ll also share announcements for education, online sites, or other resources to help you run your programs.

And we will have interviews! There are so many amazing researchers and clinicians out there working in pulmonary rehabilitation, but sometimes the only way to hear about their work is to attend conferences. We will be inviting pulmonary rehab experts to talk about their work – stay tuned for that feature in the near future.

And for every show we’re going to post transcripts and show notes and additional resources that you can go to – that website is lungfit.med.ubc.ca – you’ll be able to go to archived shows and look at some of the resources we have.

Thanks to our listeners for joining us on this launch episode. I'm Pat Camp and we'll be back soon with a new episode of LungFIT. Bye for now.