

M10.3

**Palliative and/or End-of-life Care for Patients with Advanced Chronic Obstructive Pulmonary Disease**

09:00 Room 428

**Non-pharmacological Treatments of Patients with Advanced Chronic Obstructive Pulmonary Disease***Chan KCM**Physiotherapy Department, Ruttonjee and Tang Shiu Kin Hospitals, Hong Kong*

Advanced chronic obstructive pulmonary disease (COPD) is often experienced as a series of ups and downs with lack of discrete transition to advanced stage. Patients with advanced COPD are usually suffered from disabling symptoms such as refractory breathlessness. It is a subjective experience with complex mechanisms and multiple causes, which could be exacerbated by reasons other than mechanical insufficiency of ventilatory system. Breathlessness also has impact on patients' thoughts, which induces stress for both patients and their caregiver.

Non-pharmacological treatments in multi-disciplinary pulmonary rehabilitation for patients with COPD have proven to improve patients' symptoms and function. However, the Chronic Care Model adopted in some pulmonary rehabilitation programmes for patients with mild to moderate COPD may not be effective for patients at the advanced stage.

The transition from rehabilitation to symptomatic control is seamless and could be reversible according to patients' condition and disease progression. Patients with advanced COPD can better benefit from pulmonary rehabilitation if the programme focuses on patients' symptoms, physical function and psychosocial stress. Recent research evidence showed that, pulmonary rehabilitation incorporated with Breathlessness Intervention Service Model, which emphasised on breathing, thinking and functioning domains, which could effectively manage the disabling symptoms for patients with advanced COPD.