

Integrative & Personalised Medicine 24

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Potential benefits v Risks

- Respiratory health
- Stress reduction
- Cognitive benefits
- Social interaction

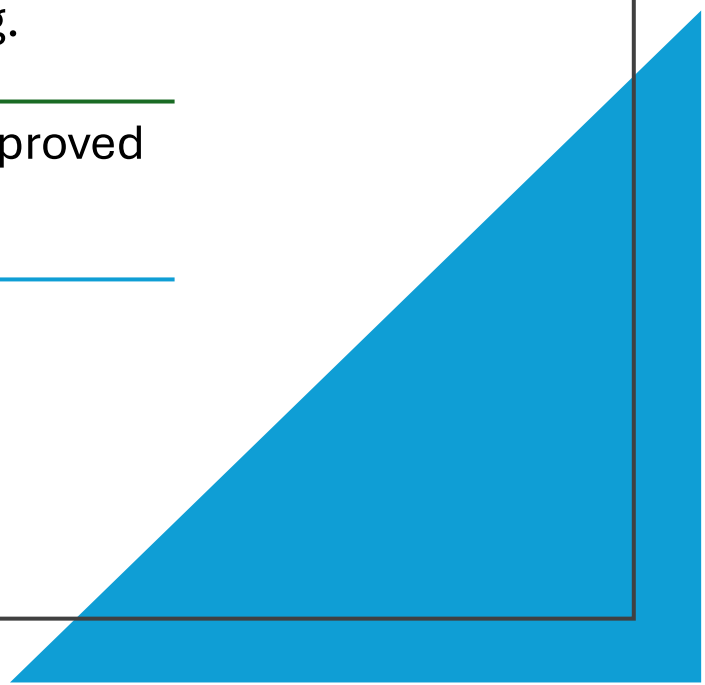
- Infections – good cleaning techniques
- Hearing – ear protection
- Musculoskeletal – correct training

Results : The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a scale of 14 positively worded items for assessing a population's mental wellbeing.

1st Cohort of 7 patients in 2023 and average increase of 11.8 with 6 improved and 7 remain the same

2nd Cohort of 7 there was an average decrease of 4



The COPD Assessment Test (CAT)

- The COPD Assessment Test (CAT) is a questionnaire for people with COPD. It is designed to measure the impact of COPD on a person's life, and how this changes over time. The CAT is simple to administer, and aims to help clinicians, with their patients, better manage COPD.
- 14 patients 7 showed improvement and 6 remained the same one slightly worse

mMRC Dyspnoea Scale

- The mMRC (Modified Medical Research Council) Dyspnoea Scale is used to assess the degree of baseline functional disability due to dyspnoea.
- In all patients in the two cohorts 4 improved 10 stayed the same



Conclusion

- Further evaluation of patients with longer term follow up and include more patients to evaluate statistical difference
- Aim to do this during 2024