# Launch of the National Pulmonary Rehabilitation Strategy

## Promotional pack

### Newsletter content

Pulmonary Rehabilitation (PR) is recognised as the most effective non-drug management tool for people living with a chronic lung condition. PR is a six-to-eight-week, evidence-based, exercise and education program that teaches people with a chronic lung condition the skills they need to manage their breathlessness, stay well and out of hospital. It can increase overall quality of life, improve exercise capacity, and reduce symptoms of breathlessness and fatigue. But only 5-10% of Australians who are eligible for PR are given the tools to do so.

To help Lung Foundation Australia has developed Australia’s first National Pulmonary Rehabilitation Strategy, designed to revolutionise current PR practices and ensure the program is accessible, affordable and impactful. It provides a case for change to ensure patients can access support no matter their location, circumstance, lung condition, background or mode of delivery.

To find out more and to read the strategy, visit: <https://lungfoundation.com.au/resources/national-pulmonary-rehabilitation-strategy-framework-2023-2026/>

### Social media content

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* #PulmonaryRehabilitation (PR) is recognised as the most effective non-drug management tool for people living with a chronic lung condition, but the people who could benefit most are not given the tools to do so. The new national strategy framework from @LungFoundation aims to change this by calling on health professionals to rethink the public framing of PR and take the framework on board. Together we can increase access and health equity for people living with a lung condition. Access the report here: <https://lungfoundation.com.au/resources/national-pulmonary-rehabilitation-strategy-framework-2023-2026/>
* For people living with a chronic lung disease, undertaking Pulmonary Rehabilitation (PR) can increase overall quality of life, improve exercise capacity and reduce symptoms of breathlessness and fatigue. But only 5-10% of Australians who are eligible for PR are given the tools to do so. To help, @LungFoundation has developed the National Pulmonary Rehabilitation Strategy, designed to revolutionise current PR practices and ensure the program is accessible, affordable and impactful. To find out more and to access the strategy, visit: <https://lungfoundation.com.au/resources/national-pulmonary-rehabilitation-strategy-framework-2023-2026/>
* #PulmonaryRehabilitation (PR) is a six-to-eight-week, evidence-based, exercise and education program that teaches people with a chronic lung condition the skills they need to manage their breathlessness, stay well and out of hospital. It also reduces length of stay and re-admissions post exacerbation. But access to PR for the majority of eligible patients remains far too low. The National PR Strategy, developed by @LungFoundation, aims to make PR accessible for patients no matter their location, circumstance, lung condition, background or mode of delivery. To find out more and to access the strategy, visit: <https://lungfoundation.com.au/resources/national-pulmonary-rehabilitation-strategy-framework-2023-2026/>

**Twitter**

* For chronic lung disease patients PR can improve quality of life, exercise capacity & reduce symptoms. Yet 5-10% of eligible Aussies access it. To help @Lungfoundation developed the National PR Strategy- a case for change to make PR accessible & affordable <https://lungfoundation.com.au/resources/national-pulmonary-rehabilitation-strategy-framework-2023-2026/>
* PR is an evidence-based exercise & education program for chronic lung disease patients to manage symptoms & stay well. But access remains too low. @Lungfoundation National PR Strategy aims to make PR accessible despite location, condition or background. <https://lungfoundation.com.au/resources/national-pulmonary-rehabilitation-strategy-framework-2023-2026/>