

Pulmonary and Chronic Cardiac Rehabilitation (PCCR) Program

GP Reference sheet

The Pulmonary and Chronic Cardiac Rehabilitation (PCCR) program is a free 8-week program designed to support an improved quality of life for people living with a chronic respiratory condition or Chronic Heart Failure (CHF) and reduce their likelihood of associated admissions to hospital.

In partnership with Back on Track Physiotherapy, Marathon Health is offering patient-centred rehabilitation with a focus on small group exercise and education sessions. Back on Track Physiotherapy are a specialised physiotherapist and allied health team with experience delivering rehabilitation therapy.

Who is the program for?

Participants living with Chronic Heart Failure (CHF) and chronic respiratory conditions. Full eligibility and exclusion criteria apply – see overleaf.

How can I refer a patient?

The first step is to discuss program eligibility with your patient and consider whether the program is suitable for them. **You will need to provide a medical clearance for your client which includes your client's baseline observations including altered criteria.**

Next, download and complete the referral form from our website at marathonhealth.com.au/pccr and email it to pccr@marathonhealth.com.au

Important information

Please note, this is a short-term program spanning eight weeks, offered only once in each location. It is not a diagnostic assessment service, a medium, or long-term therapy service. Following completion of the program, participants may be connected to post-program services such as NSW Get Healthy Service and Lungs in Action.

Due to the timing, location, and associated resources the program will include a closed format where only registered patients can attend. Where demand exceeds program capacity, a cancellation list may be maintained, to ensure the program operates at capacity. Full eligibility and pre-assessment are required to be added to the cancellation list.

More information

If you have any questions about the PCCR program or the referral process:

📞 1300 418 223 ✉ pccr@marathonhealth.com.au



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Eligibility criteria

General inclusion criteria

- Participants consent and are willing to taking part in the program (even if they are on long term, oxygen therapy or are current smokers)
- Participants are at any stage of their disease

Heart failure cohort

Class 1 – IV heart failure including:

- Heart failure with reduced or preserved ejection fraction
- Diastolic heart failure
- Heart failure caused by valvular disease
- Biventricular heart failure
- Right heart failure
- Cardiomyopathy

Chronic respiratory cohort

A diagnosis of Chronic Obstructive Pulmonary disease (COPD) including:

- Emphysema
- Chronic bronchitis
- Asthma

Other conditions that may include:

- Lung tissue disease such as Interstitial Lung Disease, Idiopathic Pulmonary Fibrosis, Occupational and mine dust diseases (pneumoconiosis, asbestosis)
- Bronchiectasis
- Lung circulation disease such as Pulmonary Hypertension
- Post-acute exacerbation of airway disease
- Post-COVID syndrome

Exclusion criteria

Respiratory cohort

- Acute respiratory disease (in the absence of exacerbation of chronic respiratory diagnosis)
- Have severe cognitive impairment
- Have severe psychotic disturbance
- Have a relevant infectious disease
- Musculoskeletal or neurological disorders that prevent exercise
- Unstable cardiovascular disease (e.g. unstable angina, aortic valve disease, unstable pulmonary hypertension)
- Any other unstable, uncontrolled condition

Heart failure cohort

- Post-Acute Cardiac Syndrome
- Post percutaneous coronary intervention
- Post cardiothoracic surgery (Coronary Artery Bypass Graft – CABGS, valve repair/replacement)
- Post insertion of pacemakers and defibrillators (1-6 weeks post op)
- Any other unstable, uncontrolled condition

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