

Date 12/12/2025  
Your Ref  
Our Ref 10843

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Dear

## FREEDOM OF INFORMATION – PULMONARY REHABILITATION SERVICES

I write in response to your request for information in relation to pulmonary rehabilitation services.

### Question:

- Please provide responses to the following for the most recent full financial year (April 2024 – March 2025).
1. Who is the person responsible for commissioning pulmonary rehabilitation services within your organisation? Please include their name, job title, and contact email if available.

### Answer:

Within NHS Lothian, we run a Pan Lothian Pulmonary Rehab Service, hosted by Edinburgh Health and Social Care Partnership (EHSCP). We cover Edinburgh, West Lothian, East Lothian and Midlothian.

Community Physiotherapy Manager - Claire Easton ([claire.easton@nhs.scot](mailto:claire.easton@nhs.scot))  
Pulmonary Rehab Team Lead - Emma Dignan ([emma.dignan@nhs.scot](mailto:emma.dignan@nhs.scot))

### Question:

2. Which provider organisations are currently delivering pulmonary rehabilitation services under contract with your organisation?

### Answer:

We are a Pan Lothian Service, hosted by EHSCP, led by Community Physiotherapy. The workforce consists of the following professions Physiotherapy, Occupational Therapy, Assistant Practitioners and admin staff.

### Question:

3. How many people were referred to pulmonary rehabilitation during the most recent full financial year?

### Answer:

1,649 referrals

Headquarters  
Mainpoint  
102 West Port  
Edinburgh EH3 9DN

Chair Professor John Connaghan CBE  
Chief Executive Professor Caroline Hiscox  
*Lothian NHS Board is the common name of Lothian Health Board*

Question:

4. Of those referred, how many completed a full pulmonary rehabilitation programme during the same period?

Answer:

1,033 new patients were assessed during this period.  
We do not have a precise completion figure for this period.

Question:

5. For which primary conditions or diagnoses do you refer patients to pulmonary rehabilitation?

Answer:

COPD, Interstitial Lung Disease, Bronchiectasis

Question:

6. How many individuals are currently on a waiting list for pulmonary rehabilitation, and what is the average waiting time if available?

Answer:

681 patients waiting with an average wait of 21 weeks

Question:

7. What types or formats of pulmonary rehabilitation are currently offered (for example, face-to-face, home-based, or digital such as MyCOPD)?

Answer:

Face to face assessments and face to face group sessions.  
Options for remote consultation for follow up.

Question:

8. What outcome measures are used to evaluate pulmonary rehabilitation services (e.g. CAT score, six-minute walk test)?

Answer:

6 minute walk test

Appropriate quality of life questionnaires from the following -  
CAT score,  
DASS (depression anxiety and stress scales)  
CRDQ ( chronic respiratory disease questionnaires)

Patient evaluation questionnaire (post programme)

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at [www.itspublicknowledge.info/Appeal](http://www.itspublicknowledge.info/Appeal). If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

**ALISON MACDONALD**  
**Executive Director, Nursing**  
Cc: Chief Executive