

# Lungs in Action

## Participant Eligibility Criteria



Lung  
Foundation  
Australia  
Lungs in Action

A person is eligible for Lungs in Action if they:

1. Have a **stable** chronic lung or heart condition (see list of eligible conditions below), AND
2. Have completed pulmonary or cardiac rehabilitation within the **last 6 months** and remain in stable health.



### Eligible conditions

People with the following **stable** lung conditions are eligible for Lungs in Action:

- Chronic Obstructive Pulmonary Disease
- Bronchiectasis
- Asthma
- Lung Transplant
- Alpha-1 Antitrypsin Deficiency
- Interstitial lung disease
- Lung Cancer

People with **stable** heart conditions are also eligible for Lungs in Action including:

- Patients with Heart Failure New York Heart Association (NYHA) Class I, II, or III, who have completed cardiac rehabilitation.
- Patients who have been discharged from hospital following acute myocardial infarction, unstable angina pectoris, coronary bypass surgery, heart valve surgery or other cardiac surgery, who have completed cardiac rehabilitation.
- Patients who have been discharged from hospital following coronary angioplasty or stenting with stable coronary artery disease. These patients must have medical clearance to participate in Lungs in Action.



## Contraindications

People with the following medical concerns **should not** participate in Lungs in Action:

- Complex or unstable arrhythmia or new onset of other arrhythmia
- Medical conditions that are unstable or that may impact upon safety (e.g., unstable blood sugar levels, unstable angina)
- Severe, symptomatic pulmonary hypertension
- Severe aortic stenosis
- Poorly controlled or decompensated heart failure
- Patients who experience a significant and/or symptomatic drop in systolic blood pressure during exercise.

### Notes



- People who can safely mobilise independently with or without a walking aid may attend Lungs in Action classes.
- People who require supplemental oxygen may attend Lungs in Action classes. Participants requiring supplemental oxygen must provide their own portable oxygen equipment with sufficient oxygen supply for the class and travel to and from the location.

## Lung Foundation Australia

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