East Sussex Healthcare
NHS Trust

FOI REF: 25/846

29th December 2025

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Tel: 0300 131 4500
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FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

I am writing to request the following information regarding the commissioning and provision of pulmonary rehabilitation services within your organisation.

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.**

   Pulmonary Rehabilitation services provided by East Sussex Healthcare NHS Trust (ESHT) are commissioned by the Strategic Commissioning Manager for the Joint Commissioning Team at East Sussex County Council.

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

   ESHT delivers Pulmonary Rehabilitation through its Respiratory Team.

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

   ESHT received 804 referrals for Pulmonary Rehabilitation during the financial year 2024/25.

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

   ESHT had 222 Pulmonary Rehabilitation completers in 2024/25.

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

   Patients diagnosed with Chronic Obstructive Pulmonary Disease (COPD) or Bronchiectasis and Interstitial Lung Disease (ILD) are referred to Pulmonary Rehabilitation.

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

   As of 8 December 2025, there were 163 patients on the waiting list for Pulmonary Rehabilitation; the average waiting time is 74 days.

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

   Pulmonary Rehabilitation is provided face-to-face, with rolling and cohort programmes across the region.

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

   The outcome measures used by our Pulmonary Rehabilitation service are an incremental shuttle walk test, PHQ-9, GAD-7, CAAT Score, and LINQ.

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department (esh-tr.foi@nhs.net), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours sincerely

Freedom of Information Department
esh-tr.foi@nhs.net