



Northumbria Healthcare
NHS Foundation Trust

Pulmonary Rehabilitation

Issued by The Physiotherapy Department



This leaflet is to give information about pulmonary rehabilitation.

The purpose of pulmonary rehabilitation

Pulmonary rehabilitation is a means to deliver total health care to those with respiratory (breathing) difficulties.

It is a programme designed to help people who suffer some disability as a consequence of breathlessness.

Goals

To improve your quality of life through exercise and reducing breathlessness, anxiety and depression.

By participating in this programme you will gain the following benefits:

- Information and advice about your condition
- Increasing your confidence to manage and ease your symptoms
- Improving your ability to control your breathing
- Increasing your tolerance to activity
- Providing psychological support for you and your family
- Providing advice about your diet

You will work with and gain information from the following staff who are skilled in managing your symptoms:

- Physiotherapist
- Dietician
- Smoking cessation nurse
- Occupational therapist
- Respiratory nurse
- Health psychologist
- Pharmacist

Step 1

This requires working with you as an individual to assess your needs and set your goals. An essential part of pulmonary rehabilitation is your active involvement and willingness to take part. You can be assessed for pulmonary rehabilitation either on the ward as an inpatient or in an outpatient clinic.

Step 2

Enrolment into one of the following:

- Group rehabilitation programme
- Individual outpatient session

We will discuss with you which of the above two programmes is most suitable for your needs and general health.

Group rehabilitation

The first session involves walk tests to assess your current level of physical ability and completing questionnaires about your experience of your respiratory condition. Then two sessions per week, for six to seven weeks, of exercise, education and advice. A final session of walk tests to re-assess your level of physical ability and questionnaires about your quality of life.

Individual outpatient rehabilitation

Appointment times are planned and negotiable.

Participation in one of these programmes is a commitment, and we will provide the support and encouragement at the correct pace to ensure you make gains.

We want you to meet your goals, increase your activity levels and improve your confidence and ability to deal with everyday life.

Please wear comfortable clothing and flat shoes or trainers to exercise in.

Patient comments following pulmonary rehabilitation

"It made me feel better and more confident"

"My breathing has improved"

"Regained my quality of life"

"I feel much more positive"

"The exercise sessions help a great deal"

"I feel more positive"

"Encouragement from everyone"

For further information

If you are attending **Wansbeck General Hospital** please ask for:

The pulmonary rehabilitation physiotherapist

0344 811 8111 and ask operator for extension 36010

or

If you are attending **North Tyneside General Hospital** please ask for:

The pulmonary rehabilitation physiotherapist

0344 811 8111 and ask operator for extension 34064

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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