

## What other patients thought about the programme

*“A very useful and enjoyable course. I learnt new ways of looking at exercise and raising awareness of my own condition” – John, 47*

*“I found the classes suitable for all people of varying abilities and ages, without any embarrassment” – Sam, 78*

*“I know how to better cope with the breathlessness” – Jan, 64*

*“I had some initial misgivings, but soon realised that the course is tailored to each individual’s ability and level of fitness – I did not have any problems” – Mel, 72*

*“Sometimes I thought that it was too much, but as the weeks went by I could feel that I was getting stronger and I could do a lot more than I thought possible” – Margaret, 81*

*“I have met some good friends and we all had a good laugh” – John, 75*

## Contact details

To contact the Pulmonary Rehabilitation Team please ring

**Telephone:** 01483 464153

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

## PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS).

PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–4.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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## Pulmonary Rehabilitation



## Physiotherapy

**You have been referred to Pulmonary Rehabilitation. Your doctor / nurse / physiotherapist / health worker has recognised that this programme will help your lung problem.**

### What is Pulmonary Rehabilitation?

- A programme for people with long term lung problems.
- Includes exercises to help your lung problem.
- You will learn tips on how to look after your lungs better.
- You will learn tips on how to cope with day-to-day problems caused by your lung problem.
- Carried out in a friendly group setting.

### Why do Pulmonary Rehabilitation?

There has been lots of medical research showing this is a very helpful treatment for people with a lung problem.

### How can it help me?

- Feeling less short of breath.
- Coping better with your breathing.
- Better quality of life.
- Better understanding of your lung problem.
- Better understanding of prevention and treatment of chest infections.
- Better fitness e.g. be able to walk further.

- Become stronger.
- Be able to carry out your day-to-day tasks more easily, e.g. household jobs or shopping.

### Who benefits from Pulmonary Rehabilitation?

- People who have a breathing problem.
- People who are short of breath and find their breathing problem makes their day-to-day life difficult.

(Find out what other patients thought – see overleaf)

### What does Pulmonary Rehabilitation mean for me?

- Coming to class twice a week for about two hours for 6 weeks.
- Slowly building up your strength.
- You will have a programme of exercises to suit you.
- It doesn't matter if you have a sore hip or knee, staff will change your exercises to suit you.
- You will learn lots about your lung problem. There is a talk at every class.
- You can meet other health workers, for example a dietitian, pharmacist and a nurse.
- You will meet other people with lung problems and have the chance to chat.

- You will learn how to carry on exercising after class.
- No matter your age, lung problem or how fit you are, everyone can gain some benefits from this programme.
- Staff work with you to make the programme suit you.

### References

- Association of Chartered Physiotherapists in Respiratory Care
- British Lung Foundation
- BTS ( British Thoracic Society) Statement of Pulmonary Rehabilitation
- Current NICE COPD guidelines