

Pulmonary Rehabilitation




Pulmonary Rehabilitation

Information for Participants

What is Pulmonary Rehabilitation?

- Pulmonary Rehabilitation is proven to reduce breathlessness and improve quality of life for people with long term lung conditions, such as Chronic Obstructive Pulmonary Disease (COPD), Asthma, Bronchiectasis, and Interstitial lung disease.
- Pulmonary Rehabilitation can help with your recovery if you have recently been unwell or in hospital with a flare up of your condition.
- It will help you to be able to do more, for example walking and daily tasks.
- It consists of exercise and education sessions and each person will work at their own pace.

How will it benefit me?

- Reduce breathlessness.
 - Help you to improve your general health and level of fitness.
 - Improve your ability to carry out the daily activities that are important to you.
 - Educate you about your condition.
 - Help you to control the symptoms of your condition.
 - Improve your levels of confidence and quality of life.
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What happens now?

Opt in session: You will be invited to an information session, where we will explain the different options for Pulmonary Rehabilitation (outlined briefly later in this leaflet) and get you booked onto an assessment for your preferred type of course. There will also be an opportunity to hear a patient from a previous course talk about their personal experiences of Pulmonary Rehabilitation.

After choosing a course: You will be invited to an appointment with a member of the team where you will be assessed individually. This may take up to an hour and a half.

Please feel free to bring a family member or carer along to this.

- You may be asked to do some walking tests, so please wear comfortable clothing and footwear.
- Please bring all the inhalers that you use and a list of the other medications that you take.



How can I take part in Pulmonary Rehabilitation?

Pulmonary Rehabilitation can be delivered in a few different ways:

Face to face classes

Group Exercise and Education classes at a choice of venue (this includes venues in Gloucester, Cheltenham, Stroud, Forest of Dean and either North or South Cotswolds).

The course commitment requires attendance twice a week for six weeks. Sessions are two hours long, roughly half the session is activity based, and half is education/helpful information. You will meet other people dealing with the same symptoms and have the opportunity to learn from each other in addition to learning from the Health Professionals.

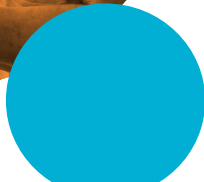


Home-based 'space' programme

Exercising through a progressive walking programme and learning at home with the use of a manual (book) and telephone support from the team. This option is only for people who have been diagnosed with COPD.

Online classes (eLearn)

Group Exercise classes completed wherever you are, with education materials online in the form of videos and useful links. The course commitment requires attendance at exercise classes twice a week for six weeks. Sessions are just over an hour long and educational material can be completed in your own time. You will be monitored by a Health Professional during the exercise who will also call you after two and four weeks of the course to discuss your progress and any questions you may have. The team can lend iPads and webcams if you do not have technology at home that would allow you to participate. (Digital support to use this technology is available if required).



Respiratory Apps

If you are unable to participate in either of the above programmes we may be able to provide an app or web-based programme option. The options for this will be discussed at the opt-in session.

What do patients say about Pulmonary Rehabilitation?

” The team are a very friendly bunch, if you're nervous or struggling with anything they are there to help you get through it ”

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” Really enjoyed class, learnt a lot from the class and the staff were very informative, but also made the class fun ”

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” The whole course has been a good experience. Thank you ”

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” When I began the course I had just had an overnight stay in hospital with an exacerbation. I was feeling very poorly and the course helped me no end, in improving my general state of health, confidence and wellbeing ”

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” It was hard work but I felt better afterwards ”

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” I have found the service amazing - everyone has been so helpful, and I would recommend ”

What do lung doctors say about Pulmonary Rehabilitation?

“ In my opinion, pulmonary rehabilitation is the most effective way of improving symptoms and quality of life for patients with long term lung conditions “

Dr Charles Sharp – Respiratory Consultant – Gloucestershire Hospitals NHS Foundation Trust.

What if you are unable to attend your appointment?

If you do not wish to attend or cannot make your appointment please contact the Respiratory team as soon as possible on:

 **0300 421 6666**

This means we can either rearrange your appointment, or use the appointment for another patient.

Please use this space below to write notes or questions you would like to ask during your appointment:

Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire or on our community health and adult social care services, you can contact one of the advisors from our service experience team.

All enquiries are completely confidential.

You can contact us between 9am and 5pm, Monday to Friday.

This leaflet can also be provided in braille, audio format, PDF, large print, easy read and other languages on request.

 **0300 421 8313** (answerphone available outside office hours)

 experience@ghc.nhs.uk

 www.ghc.nhs.uk/get-in-touch/give-us-views

 **Patient and Carer Experience Team**
Gloucestershire Health and Care NHS Foundation Trust
Edward Jenner Court
1010 Pioneer Avenue
Gloucester Business Park
Brockworth
Gloucester
GL3 4AW

For general enquiries or if you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format, please contact the Trust Communications Team at the above address.

 **0300 421 8100**

 ghccomms@ghc.nhs.uk