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Royal Brompton and Harefield hospitals are part of Guy's and St Thomas' NHS Foundation Trust

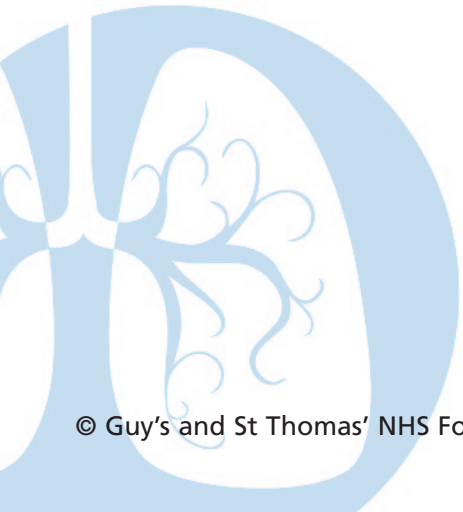
إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercemesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercemenin gerçekleşmesini en kısa zamanda ayaracaktır.

Royal Brompton and
Harefield hospitals



Your pulmonary rehabilitation course



Contents

- Pulmonary rehabilitation 3
- The pulmonary rehabilitation course 3
- Benefits of pulmonary rehabilitation 3
- Having an assessment before the course 3
- Information pack 4
- Your rehabilitation course 5
- Exercise 5
- Education 5
- Choosing a course 6
- Getting to your course 7
- Home exercise 7
- More information 7

This leaflet is about your pulmonary rehabilitation course, for people with lung conditions. The leaflet does not replace advice from a healthcare professional. If you have any questions, please ask a physiotherapist.

Pulmonary rehabilitation

Pulmonary rehabilitation helps you manage your breathlessness better, and have more control over how you are feeling.

The pulmonary rehabilitation course

The pulmonary rehabilitation course includes education and exercise classes. The exercises help you manage your breathlessness and improve your fitness to make daily activities easier.

The education classes aim to help you to understand your condition better, and look after your lungs.

The course is held twice a week for eight weeks.

Benefits of pulmonary rehabilitation

Pulmonary rehabilitation helps you feel stronger and fitter, so you feel less breathless and tired. As your fitness level increases, it should be easier to carry out daily activities, such as getting dressed, going up stairs, walking and shopping.

“The course helped me get my confidence back, and I am enjoying going out for walks again with my family”

John (patient attending the rehabilitation course)

Having an assessment before the course

Before you start the course, you will see a respiratory physiotherapist for an assessment. The assessment will show your general fitness level now, so you can see how your fitness increases over time.

The physiotherapist will see how well your lungs are working,

and how much exercise you can do. They will also check your blood pressure, oxygen levels and body weight and height.

The assessment lasts around 60 to 90 minutes.

What patients say about the assessment

"I was very nervous about the assessment but once I was there I was alright."

"The physio was great and explained everything. It was good that they spent a lot of time with me as I was feeling so vulnerable after my hospital stay."

Information pack

When you start your pulmonary rehabilitation course, your physiotherapist will give you an information pack.

The pack contains a booklet about how to look after your lungs and manage your condition. The booklet also has home exercises and an exercise diary.



Your rehabilitation course

The course runs twice a week. Each course session is made up of an exercise class and an education class.

Exercise

The exercise class consists of a warm-up, training and cool-down.

A physiotherapist and a physiotherapy assistant explain what to do.

Your exercises are tailored to your needs, and we will never ask you to do more than you are comfortable with. You can ask for help at any time.

The exercise class lasts around an hour.

What patients say about the exercises

"You are not alone; we are all in the same boat."

"I did a bit more than I thought so I was really pleased."

"They tailored it to my needs."

"It really helped me feel stronger."

Education

Education class topics include:

- how the lungs work and lung disease
- medicines and coping with breathlessness
- benefits of exercise, and increasing exercise at home.

- eating a healthy diet
- managing stress, and relaxation.

Each education class lasts about 30 minutes.

The exercise and education classes take about two hours altogether, each time you attend.

What patients say about the education class

“I do not panic now when I am short of breath.”

“It’s great they spend time explaining things I’ve always wanted to know.”

Choosing a course

Courses are held at Harefield Hospital and several sites across north-west London. You can choose between morning or afternoon classes, subject to availability.



Getting to your course

Unfortunately, we cannot provide transport to and from course sessions. If you cannot get to the course sessions, please contact the pulmonary rehabilitation team in advance.

Home exercise

If you cannot get to the course sessions, your physiotherapist may give you tailored exercises to do at home.

More information

If you would like more information, please contact the pulmonary rehabilitation team.

Tel: **01895 828 851** (Monday to Friday, 8am-4pm)

A final word from our patients

“You don’t know until you have a go.”

“My quality of life improved. It does help.”

“I’m so glad I did it. It was the best thing for my recovery.”

If you have any concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call Patient Advice and Liaison Service (PALS):

- Royal Brompton Hospital – 020 7349 7715
- Harefield Hospital – 01895 826 572

Alternatively email pals@rbht.nhs.uk. This is a confidential service.