



A lifetime of specialist care

Royal Brompton & Harefield **NHS**
NHS Foundation Trust

Your pulmonary rehabilitation course





Contents

- Pulmonary rehabilitation 3
- The pulmonary rehabilitation course 3
- Benefits of pulmonary rehabilitation 3
- Before the course – tests 4
- Information pack 4
- Your rehabilitation course 4
- Exercise 4
- Education 5
- Choosing a class 5
- Getting to your classes 5
- Home exercise 5
- More information 6

This leaflet is about your pulmonary rehabilitation course, for people with lung disease. 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 rehabilitation course has education and exercise classes. The exercises help you manage your breathlessness and improve your fitness.

The education classes 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 are 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)

Before the course – tests

Before you start the course, you will see a respiratory physiotherapist for some tests. The tests show your 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. He/she will also check your blood pressure, oxygen levels and body composition.

The tests last about one-and-a-half to two hours.

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 is split into an education and an exercise class, twice a week.

Exercise

The exercise classes consist of a warm-up, training and cool-down.

A physiotherapist and a physiotherapy assistant will explain what to do.



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

The exercise classes last an hour.

Education

In the education classes, topics include:

- how the lungs work and lung disease
- medication and coping with breathlessness
- benefits of exercise, and increasing exercise at home.
- eating a healthy diet
- managing stress, and relaxation.

The education classes last about 45 minutes.

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

Choosing a class

Classes are held at Harefield Hospital and several sites across north-west London. You can choose between morning or afternoon classes.

Getting to your classes

Unfortunately, we cannot provide transport to and from classes. If you cannot get to the classes, please contact the pulmonary rehabilitation team.

Home exercise

If you cannot get to the classes, 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)

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.

Royal Brompton Hospital
Sydney Street
London
SW3 6NP
Tel: 0330 12 88121

Harefield Hospital
Hill End Road
Harefield
Middlesex
UB9 6JH
Tel: 0330 12 88121

Website: www.rbht.nhs.uk

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 tercumesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

