

## Who can I contact for further information?

If you need more information, please contact the pulmonary rehabilitation team:

Tel: **020 7352 8121** and ask for **extension 4195** or **bleep 1050**

(available from Monday to Friday 8.30am-4.30pm)

Email: [rbh-tr.Pulmonaryrehab@nhs.net](mailto:rbh-tr.Pulmonaryrehab@nhs.net)

If you have 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 PALS on 020 7349 7715 or email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.



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Royal Brompton Hospital  
Sydney Street  
London  
SW3 6NP  
tel: 020 7352 8121  
textphone: (18001) 020 7352 8121

Harefield Hospital  
Hill End Road  
Harefield  
Middlesex  
UB9 6JH  
tel: 01895 823 737  
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website: [www.rbht.nhs.uk](http://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 tercemesi için tedavi görüyor olduğunuz bölüme basurunuz. Bölüm personeli tercemenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

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Royal Brompton Hospital  
**Your pulmonary  
rehabilitation  
programme**



This leaflet gives you information about your pulmonary rehabilitation programme. It does not replace the need for personal advice from a qualified health professional. Please ask if you have any questions.

## What is the pulmonary rehabilitation programme?

The pulmonary rehabilitation programme is a course of exercise and education. It aims to help you to feel less breathless, improve your fitness and strength, and understand more about your lung condition.

## Why should I take part?

The programme can make a big difference to your life. When you have a lung problem, moving around and doing your normal daily activities can make you feel breathless, which can be very frightening.

You may avoid situations that make you become breathless – reducing the amount of activity you do.

However, as time goes on, you will gradually become unfit, tired and even more breathless.

The pulmonary rehabilitation programme helps you learn to exercise safely and confidently, and to manage your condition.

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## How can pulmonary rehabilitation help me?

Pulmonary rehabilitation can:

- help you walk further
- feel less breathless during activities such as climbing stairs, shopping and dressing
- give you more control over your breathlessness
- feel more positive and better about yourself
- and feel less tired too.

## Why does exercise help?

Improving the strength of your muscles means you use the oxygen you breathe more efficiently. That helps you to feel less breathless.

## How does the pulmonary rehabilitation programme work?

Our pulmonary rehabilitation programme runs for eight weeks. Each week, you will attend two classes.

Each class runs for two hours. It consists of one hour of exercise and a one hour talk on an educational topic e.g. dietary advice.

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## What happens at the exercise session

The first step will be to check your current exercise range. This gives us a starting point from which to work with you. We can then see how much your fitness level increases over time. We will also measure how well your lungs are working.

Once we have assessed your exercise ability, you will start the sessions.

Each exercise session lasts for one hour. You will warm up for five to 10 minutes, do your exercise training, and then cool down for five to 10 minutes.

We will always monitor how you are doing and will never ask you to do more than you think you can.

## Topics covered in the educational sessions include:

- how the lungs work
- airway clearance techniques
- the benefits of exercise
- advice on diet
- advice on inhalers
- coping with lung disease
- advice on how to stop smoking

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- stress management and relaxation
- exercise at home.

When you start your pulmonary rehabilitation programme we will give you a booklet with information on all the topics covered in the educational talks.

You will also have the opportunity to ask questions at each talk.

## Where and when do the classes run?

Pulmonary rehabilitation classes run at:

### Royal Brompton Hospital

Monday and Thursday afternoons in the physiotherapy exercise room, which is on level two of the Fulham Wing building (entrance on Fulham Road, next to the Royal Marsden Hospital).

Each class runs from 1-3pm or 2-4pm.

### Imperial College Gym

Tuesday and Friday mornings at Imperial College's Ethos Sports Centre, 7 Prince's Gardens, South Kensington, SW7 1NA.

Each class runs from 10am-12 noon.

Unfortunately, we cannot provide transport to and from classes. If transport is a problem, please talk to your physiotherapist. We can discuss the options with you.

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