



A lifetime of specialist care

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

More information

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

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

Email: hhpulmonaryrehab@rbht.nhs.uk

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

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Harefield Hospital

Your pulmonary rehabilitation programme

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 ayaracaktır.

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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. This is a confidential service.

This leaflet gives you general information on your pulmonary rehabilitation programme. It does not replace individual advice from a healthcare professional. If you have any questions, please ask a physiotherapist.

What is the pulmonary rehabilitation programme?

The programme consists of exercise and education classes held twice a week over eight weeks.

The programme is designed to help you:

- cope with your breathlessness
- feel stronger and fitter by strengthening your muscles and improving the way you breathe
- understand your condition better.

The benefits of pulmonary rehabilitation

Pulmonary rehabilitation helps you feel more confident to exercise and gradually increases your fitness level.

Over time, you should become less breathless when completing daily activities, such as walking, going up stairs, shopping and getting dressed. You should also feel less tired.

You should be able to manage your breathlessness better and have more control over how you are feeling.

2

Tests before the programme

Before you start the programme, a physiotherapist will check how well your lungs are working and how much exercise you can do. The physiotherapist will also record your height, weight and blood pressure. This gives us a starting point so we can see how much your fitness level increases over time.

What happens during the classes?

Each class is split into an exercise session and education session.

Exercise

Your exercise class will be designed around your needs, and a respiratory physiotherapist will help you. The exercises will consist of a warm-up, training and cool-down. We always check how you are doing and will never ask you to do more than you can.

Education

The education classes will help you to understand your condition better.

Topics include:

- how the lungs work
- airway clearance techniques
- advice on inhalers
- benefits of exercise

3

- advice on your diet
- coping with lung disease
- advice on how to stop smoking
- how to manage stress
- relaxation
- exercise at home.

When you start your pulmonary rehabilitation programme, we will give you an information pack with your personal exercise plan, the pulmonary rehabilitation course booklet, home exercises and an exercise diary. You can add new information to your pack after each class.

When and where are the classes?

You can choose between morning or afternoon classes, at Harefield Hospital or at a community site in Uxbridge, Hayes, or Harrow. Your physiotherapist will discuss the options, and give you a map and directions.

Getting to your classes

Unfortunately, we cannot provide transport to and from classes.

If you are unable to travel to our classes, please contact the Pulmonary Rehabilitation on team on 01895 828 851 so we can arrange an alternative, such as taking part in the programme from home.

4