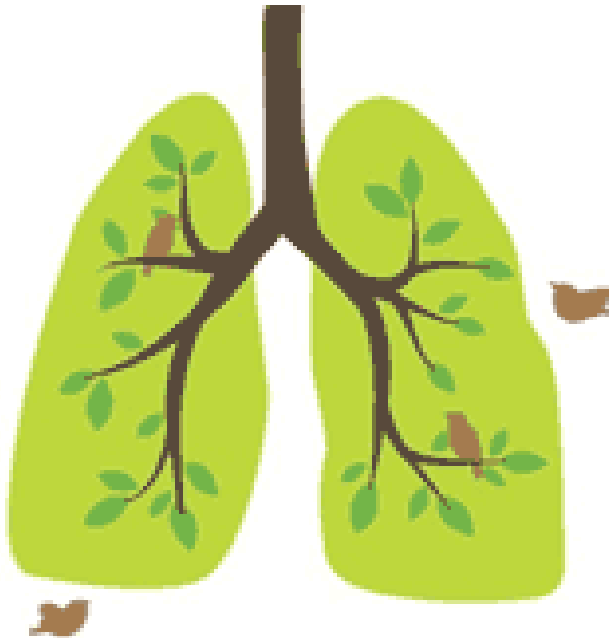


Pulmonary Rehabilitation

Respiratory Medicine Patient Information Leaflet



What is pulmonary rehabilitation?

When you have a chronic lung disease, you can find it increasingly difficult to move about and do your normal daily activities without getting breathless. Pulmonary rehabilitation aims to help you cope with your breathlessness and to feel stronger and fitter.

Breathlessness can be frightening. Just one bad experience can cause people to avoid situations where they might become breathless, reducing the amount of activity they do. This can slowly cause weakness, tiredness and even more breathlessness.

Pulmonary rehabilitation can help to prevent this through exercise and education.

How does pulmonary rehabilitation help?

Pulmonary rehabilitation should:

- Improve your exercise ability. You may find yourself walking further, finding day-to-day activities such as washing, dressing and shopping easier. You are likely to feel less tired too.
- Help you cope with your breathlessness. It is very frightening to become breathless and pulmonary rehabilitation should help you to manage your breathlessness and have more control.
- Increase your muscle strength and endurance, improve co-ordination and increase your understanding of your breathlessness. However, it is unlikely to change your lung function as measured by a Spirometer.
- Increase your knowledge and understanding of your lung condition and the best way to manage your symptoms.

What happens during pulmonary rehabilitation?

In Dudley, the pulmonary rehabilitation programme consists of an initial assessment for us to gain a “baseline” measure of your ability. The course then runs twice a week for a period of six weeks. There are approximately 12 people in a class.

Each session consists of a warm up for five to ten minutes, supervised exercises such as cycling, walking and a circuit with weights (you will not be expected to do anything that you are unable to do), followed by a cool down for five minutes.

The exercise session is completed with guided relaxation.

Education

After each exercise session we cover an educational topic, including:

- How the lungs work and what can go wrong
- Airway clearance techniques
- Benefits of exercise
- Managing breathlessness
- Benefits
- Travel
- Coping with lung disease
- Medication education
- Dietary advice

If you are interested in attending and haven't already been referred, please speak with your GP or practice nurse who can refer you.

When and where do our classes run?

We currently run classes within four areas of Dudley:

- The DY1 Building
Stafford Street, Dudley, DY1 1RT
Monday and Thursday, 10am - 12pm
Maintenance class on Monday at 1pm
- Cradley Sports & Social Club
Colley Lane, Halesowen, B63 2BU
Wednesday and Friday, 10am - 12pm
Maintenance class on Friday at 12.15pm
- Alderman Tye, Scout Hut (opposite Gigmill Pub)
South Road, Stourbridge, DY8 3UL
Wednesday and Friday, 1pm - 3pm
Maintenance class on Wednesday at 3.15pm
- Kingswinford Methodist Church
89 Stream Road, Kingswinford, DY6 9NP
Monday and Thursday, 1pm - 3pm
Maintenance class on Monday at 3.15pm

If you have any comments or further questions, please contact the pulmonary rehabilitation team on: 01384 323773

Stourbridge Health and Social Care Centre, John Corbett Drive, Stourbridge, DY8 4JB

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The pulmonary rehabilitation team: 01384 323773

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ براہ مہربانی فون نمبر 08000730510 پر رابطہ کریں۔