

# 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 coordination 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, to include an incremental shuttle walking test, requiring you to complete 9m shuttles. This is to enable to team 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, upper and lower limb strengthening exercises, approximately 30 minutes of supervised aerobic exercise to include walking (you will not be expected to do anything that you are unable to do), followed by a cool down and guided relaxation. 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:

Cradley Sports & Social Club Colley  
Lane, Halesowen, B63 2BU  
Wednesday and Friday (am)

Alderman Tye, Scout Hut (opposite Gigmill Pub)  
South Road, Stourbridge, DY8 3UL  
Wednesday and Friday (pm)

Kingswinford Methodist Church  
89 Stream Road, Kingswinford, DY6 9NP  
Tuesday and Thursday (pm)

Dudley Community Church, Salop Street,  
Dudley, DY1 3AT  
Monday and Thursday (pm)

**To discuss the option of virtual pulmonary rehabilitation sessions, or if you have any further questions, please contact the pulmonary rehabilitation team on 01384 323773.**

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

## More information



Scan the QR code for more information on Pulmonary Rehabilitation at The Dudley Group or visit <http://www.dgft.nhs.uk/services-and-wards/pulmonary-rehabilitation/>

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/pulmonary-rehabilitation/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto: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.**

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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 va rugăm sunați la 0800 073 0510.

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