

Pulmonary Rehabilitation

Patient Information Leaflet

Rehabilitation Department

Physiotherapy Service

What is Pulmonary Rehabilitation?

This is a structured programme of education, exercises and relaxation for people who are experiencing difficulties with their breathing due to respiratory disease.

Your breathlessness may limit or reduce:

- The distance you can walk without stopping
- Your ability to climb stairs or slopes
- Your ability to do everyday activities such as gardening or getting washed and dressed

Why was I referred?

As a result of a recent appointment at the Chest Clinic or admission to hospital, your respiratory consultant has decided you may benefit from participation in this programme.

What does the assessment involve?

You will be asked to attend the Rehabilitation Department for an assessment which involves a six minute walk test and two questionnaires. The process will be repeated at the end of the eight weeks.

The questionnaires and walk test will allow us to measure your fitness and quality of life at the beginning, ensuring we can give you an appropriate level of exercise for your condition. The process is repeated at the end of this programme to see what improvement has been made.

What is the point of Pulmonary Rehabilitation?

The aim of this rehabilitation class is:

- i) To increase your level of fitness through a progressive exercise programme. By improving your fitness level you should be able to participate in some daily tasks more easily. By enabling you to do more, and cope better with your shortness of breath, we hope to improve your quality of life.
- ii) To increase knowledge of your condition and teach you ways to overcome or cope with the problems you may encounter on a day to day basis such as, breathlessness, anxiety, excess phlegm and fatigue.

Who else will attend?

There will be a total of 8-10 people in your rehabilitation group. Everyone will have chest problems similar to yours.

Partners or close friends are invited to attend both for your support and their education.

Where is it held?

**Physiotherapy Gym
Physiotherapy Department
The Freeman Hospital
High Heaton
Newcastle upon Tyne**

When is it held?

Pulmonary Rehabilitation is an eight week course which you will attend twice a week on Mondays and Thursdays starting either at 1.00 pm or 2.00 pm, depending which is more convenient for you. This can be discussed at your assessment.

You must attend regularly in order to gain maximum benefit. If you fail to attend for more than two weeks with no contact made to the team, you will be discharged.

What should I bring?

Wear comfortable clothes and shoes.

Also bring with you medication you would normally take before or after physical activity for example, inhalers or angina spray.

What happens after I finish the programme?

It is hoped that once you complete the programme and feel the benefits, you will continue to exercise to maintain the improvements. We can advise you of facilities in your local area where you can go to exercise or you may wish to do it in your own home. We can discuss this with you at the appropriate time.

If you have any queries please ring Katherine Hunt on;
0191 244 8218 or 244 8216

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