



## Pulmonary Rehabilitation



### Patient information leaflet



#### Contact details:

**Community Respiratory Team (CORE)**  
**020 7288 5474**

#### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.PALS@nhs.net](mailto:whh-tr.PALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please email [whh-tr.patient-information@nhs.net](mailto:whh-tr.patient-information@nhs.net). We will try our best to meet your needs.

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I can now walk further; I cough less and feel able to resume a normal life.

Just do it! Because it works! Perseverance is the key.

I now exercise everyday and do my own housework!

You will learn to live with COPD

I do not panic anymore; I have learnt to control my breathing.

I have learnt useful ideas to preserve energy.

## What is Pulmonary Rehabilitation?

It is a group programme designed for people with lung conditions and run by Physiotherapist.

The programme consists of physical exercise and education classes held for two hours, twice a week, over a six-week period.

### Pulmonary Rehabilitation aims to:

- To feel more in control with your breathlessness
- Reduce your breathlessness when doing day-to-day activities, such as walking up stairs
- Increase your confidence to exercise safely
- Improve your quality of life and independence
- Give you the opportunity to meet people with similar conditions and share experiences

### How to get referred?

If you are identified with one of the following lung conditions:

**COPD, Asthma, Bronchiectasis, Pulmonary fibrosis,** and if breathlessness is preventing you from walking more than 100 yards, or stopping you from doing your day-to-day activities, speak to your GP about getting a referral for Pulmonary Rehabilitation.

## Before starting Pulmonary Rehabilitation:

You will need to be assessed by a member of the Pulmonary Rehabilitation team.

The assessment will include filling in some questionnaires and doing a short walking test. This assessment is repeated at the end of the programme to see how you have progressed.

There will be plenty of opportunity to talk through any questions or concerns you may have.

## What happens during Pulmonary Rehabilitation?

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

### Exercise:

Your physiotherapist will customise the exercises to suit your needs and ability.

The exercise sessions will consist of a warm-up, training, and cool-down.

We will monitor you closely during the sessions to make sure you are safe.

## Education:

These sessions will help you to manage your condition better. They will be delivered by various health care professionals such as physiotherapist, nurses and dieticians, to name a few.

### Topics include:

- understanding your lung condition(s)
- managing chest infections
- coping with breathlessness
- advice on inhalers
- managing emotions
- relaxation
- the importance of exercising
- how to effectively clear phlegm/sputum/mucus off your chest
- The importance of diet

## Pulmonary Rehabilitation is offered at:

Hornsey health centre, 151 Park Road, London, N8 8JD

Whittington hospital, Magdala Ave, London, N19 5NF

St Mary's community centre, Upper Street, London, N1 2TX

