

You should also bring with you the following:

- Inhalers
- Reading spectacles
- A cold drink

### **May I think about it before being referred?**

If you are not sure whether you would like to attend the programme please take time to think about it and discuss it with your doctor or nurse. The British Lung Foundation also have an advice line, staffed by nurses, and you can call them for more information or advice on: **03000 030 555.**

When you have decided please let your doctor or nurse know and they will refer you for an appointment if you would like to attend. If you are not sure whether you would like to attend the programme please take time to think about it and discuss it with your doctor or nurse.

### **Pulmonary Rehabilitation Classes**

Wakefield Sports Club, College Road,  
Eastmoor Road, Wakefield, WF1 3RR  
Mon & Wed 1.30pm & 2.30pm

Pontefract Hospital:  
Friarwood Lane, WF8 1PL  
Monday & Wednesday 10.30 & 11.30am

Hemsworth:  
Springs Christian Fellowship,  
Southmoor Road, WF9 4LX  
Tues & Thurs 1.30pm

**If you are unable to attend any of your appointments please inform: The Mid Yorkshire Therapy Service on: 01977 747471**

We are committed to providing high quality care. If you have a suggestion, comment, complaint or appreciation about the care you have received, or if you need this leaflet in another format please contact the Patient Advice and Liaison Service on: 01924 542972 or email: [pals@midyorks.nhs.uk](mailto:pals@midyorks.nhs.uk)  
To call any of our hospitals call: 0844 811 8110

1642d

Updated Sept 2016  
Review Date 2019



SMOKE FREE  
hospital

cleanyourhands<sup>®</sup>  
campaign 

Design: The Mid Yorkshire Hospitals NHS Trust - design and print dept

# **Pulmonary Rehabilitation Programme**

**Information for patients**

## What is Pulmonary Rehabilitation?

The programme consists of a one and a half hour session, twice a week, for eight weeks. At each session there is a simple exercise programme and a short talk. Before starting the programme all patients are assessed to find out how their lung problems affect them and how they cope. After the assessment you may be offered a place on the programme.

## What will the programme do for me?

People who complete pulmonary rehabilitation are able to walk further, get less out of breath, have less hospital admissions and keep well for longer. Doctors recommend that everyone who is disabled by their chest condition is offered Pulmonary Rehabilitation.

## Who is involved in the programme?

The most important member of the rehabilitation programme is you.

The other professionals who may be involved include:

- Physiotherapists who will set you a safe and simple individual

exercise programme that will gradually increase your exercise level. The Physiotherapist will also teach you relaxed breathing techniques and how to manage your shortness of breath. This will help you carry out the exercise programme and everyday activities without becoming too breathless.

- Nurses and other local professionals will provide education and information to help you stay well.

## What will be in the programme?

**Exercise:** Many people with lung problems who are breathless worry that this may cause them harm and so reduce or avoid activities that make them breathless. This can quickly lead to muscle wasting and then everyday tasks become more difficult to carry out. It is important for anyone with a chronic lung condition to remain as active as possible. The exercise programme aims to maintain and build up your muscles so that everyday activities are less difficult and your level of breathlessness is reduced.

**Education:** Throughout the programme there will be advice and tips about the best ways for you to deal with your lung

problems so that you can manage your condition and get the most out of life. There will also be educational sessions that will help you to understand your lung condition and the treatments available.

## The topics will include:

- Relaxed breathing techniques
- Understanding respiratory medications
- Correct use of inhaler devices
- Pacing your activities
- Conserving your energy
- Staying Healthy
- Recognising deterioration in your lung condition and what to do.

## What is my role in the programme?

We require commitment and motivation from you to attend the full programme so that you will get the greatest benefit. You will also be expected to carry out a simple home exercise plan. To continue to benefit from the programme you will be given advice about the importance of continuing the exercises at home after you have completed the course and how to do this.

When you attend the sessions you will need to wear comfortable clothing and sensible shoes.