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Easy to Read

Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

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Email: fhft.palsfrimleypark@nhs.net

Wexham Park & Heatherwood Hospitals

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Translation



Audio



Braille

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Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

AIR Team
East Berkshire

Pulmonary Rehabilitation



Frimley Health
NHS Foundation Trust



Information for patients, relatives
and carers

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What is it?

Pulmonary Rehabilitation is a 6 week course which involves twice weekly exercise and education sessions and a home exercise programme. This is run by the AIR team (Adult Integrated Respiratory team)

Why Pulmonary Rehabilitation?

If you have a confirmed diagnosis of a long term lung condition and the symptoms of this (normally breathlessness) are affecting your daily activities, you are eligible to be referred to Pulmonary Rehabilitation by your Health Care Professional.

Pulmonary Rehabilitation aims to improve lung health, reduce symptoms associated with your lungs and help you manage your condition better.

Where, When, What?

We offer Pulmonary Rehabilitation in two formats:

- Face to face group classes - this is the 'Gold Standard' of PR
- A home based programme – ideal for those who are house bound

The face to face classes take place at 4 venues across East Berkshire:

- The Open Learning Centre, Bracknell (Tues and Fri)
- Woodlands Park Village Centre, Maidenhead (Wed and Fri)
- 1st Britwell Scout Hall, Slough (Tues and Thurs)
- 12th Windsor Scout Hall, Windsor (Mon and Wed)

The education sessions (designed to cover a range of self management strategies) are run by a variety of respiratory specialists including physiotherapists, nurses and psychologists. All 6 topics have an accompanying information leaflet which is used in class and for the home programme.

For home based programmes, participants are contacted weekly by telephone and have 3 home visits over the 6 week period.

Exercise?!

We understand it can be challenging to exercise when you are breathless, particularly if you haven't exercised for a while. During Pulmonary Rehabilitation you will exercise to a level you are comfortable with and encouraged to pace yourself. You will be encouraged to exercise to a point where you become controllably breathless we will and show you ways to breathe well. This means your body will be pushed enough to improve yet, to a level that you are comfortable with.

Why should I participate?

Evidence shows that Pulmonary Rehabilitation is very effective in improving quality of life in people with respiratory conditions.

It helps to improve your fitness and helps you to feel less breathless doing your daily activities.

It can also improve confidence, reduce 'flare ups' of your lung condition and improve energy levels.

Completing the course can help prevent hospital admissions and fast track recovery.

Pulmonary Rehabilitation is fun and there is constant support available from friendly qualified specialists.

What happens now?

Once we have received a referral from your Health Care Professional we will send you a letter asking you to contact our team. If you are interested in attending, we will add you to the waiting list and contact you when an assessment appointment is available.

The assessment appointment is a chance for you to ask questions, and for us to gather more information about you.

You will perform two, simple exercise tests so that we can get a measure of your baseline fitness.

Please have a look at this video about Pulmonary Rehabilitation. Type this address into your internet browser:

<https://vimeo.com/710467430>

Please do call us with any questions