



University Hospitals of
Derby and Burton
NHS Foundation Trust

ImpACT⁺

Improving Adult Respiratory
Care Together



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EXCEPTIONAL
Care Together



DRAFT

Pulmonary Rehabilitation

*Supporting people to cope with their
breathlessness and make them feel stronger
and fitter.*



Why Pulmonary Rehabilitation?

When you have a lung problem, particularly a long term one you may find it increasingly difficult to move around and perform your usual daily activities without getting breathless. Breathlessness can be a very frightening experience and the anxiety it causes can often increase your shortness of breath further.

Pulmonary Rehabilitation is designed to help you cope with your breathlessness and feel stronger and fitter.

What are the aims?

- To reduce sensation of breathlessness
- Increase muscle strength and mobility
- Reduce anxiety and depression
- Increase confidence
- Give you and your carer a clear understanding of managing your illness.



What can you expect?

- An individual assessment to assess you and your needs
- An individualised physical exercise programme
- Education and advice on lung health and coping with day to day issues
- A friendly, supportive atmosphere

Assessment appointment

You will be invited for pre-assessment prior to starting rehabilitation. This is to determine if you will benefit from a pulmonary rehabilitation programme. If you join, an individualised exercise programme with personal goal setting will be devised with you.

6 Week Programme

The programme will run over 6 consecutive weeks and there will be two sessions per week, each lasting approximately 2 hours. There will be a small group of approximately 10 people, all with breathing problems. The groups will be relaxed and informal and you may bring along your spouse/carer if you wish. Please wear comfortable clothing and walking shoes. If you use reading glasses or a hearing aid please bring them with you. You will be helped to undertake some walking, training and some simple exercises at home. This is to maximise training effects.

The 2 hour sessions will be in two parts which will involve exercise and education, here is what you can expect in each:

Exercise

We do understand that breathlessness can be very frightening, and it can be difficult to understand that asking you to exercise will ultimately help your breathlessness. Becoming breathless during exercise is a normal response. We understand this happens sooner for some people than others, but you will be supervised by staff that are experts in helping respiratory patients exercise. They are there to help you!

Education

Sessions are informal, allowing you the opportunity to discuss issues in a group setting. Sessions aim to cover the following topics:

- What happens inside your lungs
- Breathing techniques
- How to use your inhaled medicines
- Benefits of exercise
- Coping with chest infection
- Social support and benefits
- Maintaining healthy eating with a respiratory condition
- Coping with stress/relaxation
- Energy conservation and lifestyle change
- Chest clearance techniques

Where we deliver Pulmonary Rehab

- Derby City: London Road Community Hospital
- Amber Valley: William Gregg VC Leisure Centre
- Swadlincote: Evisa Personal Fitness

For more information

If you have any queries please do not hesitate to contact the team on 01332 788225 who will be happy to answer any other questions you may have about the Pulmonary Rehabilitation Service.