

# Pulmonary Rehabilitation Programme Information

Allied Healthcare Professionals (AHP)

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

# Introduction

This leaflet gives you general information about the Pulmonary Rehabilitation programme. This should allow you to make an informed decision about starting this treatment.

## Values

|  |   |   |  |
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| <p><b>We are passionate to provide excellent Pulmonary Rehabilitation Care</b></p> <p>We strive to provide gold-standard pulmonary rehabilitation.</p> <p>We evaluate our service and seek inventive solutions to problems.</p> <p>We treat everyone with dignity and respect.</p> | <p><b>We support our Colleagues</b></p> <p>We are always professional and treat our colleagues with care and compassion.</p> <p>We work together to set common goals and we take responsibility for our part in achieving them.</p> <p>We make sure that we communicate with one another effectively.</p> | <p><b>We do what we say we are going to do</b></p> <p>When we communicate with patients, we are clear about what is happening.</p> <p>When we talk to colleagues, we are clear about what is expected.</p> <p>If we cannot do something, we will explain why.</p> | <p><b>Focus on what matters most</b></p> <p>We talk to our patients, and colleagues about what matters most to them and listen to what they tell us.</p> <p>We make the right decisions based on the evidence and feedback we have.</p> <p>We use our resources responsibly.</p> |
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## What is Pulmonary Rehabilitation?

This term is used to describe a programme for patients with chronic chest diseases, for example COPD (Chronic Obstructive Pulmonary Disease), Asthma, Bronchiectasis and ILD (Interstitial Lung Disease).

If you get breathless following short walks or with tasks such as washing and dressing, and have a respiratory diagnosis it may be that you will benefit from such a programme. (At times patients can be referred with other chest conditions on the advice of their consultant).

This programme aims to improve your activity levels and reduce your breathlessness. It also helps you to have a better understanding of your chest condition and ways to help you cope with it.

## How will I know if the programme is suitable for me?

Your referral will be sent to the Pulmonary Rehabilitation Team by the medical professional who has referred you. You will then receive a telephone call from a member of the team to discuss if you are suitable to participate in the programme.

## What will happen at the assessment appointment?

At this appointment the therapist will take a history of your chest problem and ask you questions about your symptoms such as breathlessness.

You will need to perform a walking assessment on level ground, but this will be set at a level to suit your condition. Allow up to a maximum of one and a half hours for your assessment.

After the therapist has completed the assessment they will plan with you what is the best treatment to help with your condition. The plan will take into account your personal needs within reason.

## What do I bring?

- Your appointment letter or card
- A list of medication you are taking at the moment. Your spectacles, for distance and reading
- Your hearing aid, if you wear one
- Any inhaled reliever medication (including GTN spray if you use this) and portable oxygen if you use it

## How do I dress?

Please wear comfortable clothing and soft soled shoes to allow you to walk easily. You are advised not to wear high heels.

## What happens after the assessment?

The type of programme you are enrolled into will depend on your assessment. The therapist will discuss the best option for you. We run different programmes depending on need.

Most of the programmes run for 8 weeks, twice weekly. Although this may seem a lot, the evidence tells us that this will ensure you get the most benefit from the programme.

## What happens in the programmes?

The programmes consist of a combination of information giving and exercise activities. It may worry you to think you will be asked to exercise when you get breathless. Please be reassured that the staff looking after you in the groups are highly trained and will make sure you only exercise at a safe level. The exercises are intended to help people with chest problems. The therapist will set an exercise plan to suit you as an individual. Exercise training has been shown to help people with chest problems to feel less breathless, but this does not happen overnight and will take time.

Although you will be with other patients with chest problems, you will all have different expectations and levels of fitness. You are expected to work at your own level of fitness.

## What about home exercise?

You will be encouraged to increase your activity levels on a regular basis at home. To help you with this you will be given a home exercise programme to record your achievements. The therapist will monitor your progress with this.

Increasing your activity levels on a regular basis at home will have a bigger impact on your physical well-being.

It is important that you receive instruction from a therapist experienced in chest conditions before attempting to exercise for the first time.

## What are the information giving sessions for?

Pulmonary rehabilitation is not just about increasing activity levels. We also aim to improve your general knowledge about your chest condition and ways to manage it.

You will spend time working through a series of topics to help you with your chest condition. This will include helping you to clear phlegm from your chest or how to use different positions to help you when you are breathless. You will also receive written information that you can take home and keep.

It is important that you feel able to ask questions and get as much information as possible. You will gain as much support from each other as you do from the staff involved. These sessions are very helpful and should help you with managing your condition on a day to day basis.

## What happens after the 8 weeks?

Following the programme you will repeat the walking test and questionnaires that you did at the first assessment. You will be able to see how much you have improved since the beginning of your programme.

After you have completed the programme, you will be given information about continuing with exercise independently.

Any results from the assessments are forwarded on to your referring consultant, nurse, physiotherapist or G.P.

## Will I get help with my travel costs?

If you receive Income Support, Family Credit, Job Seekers Allowance (Income Based), Employment and Support Allowance or have a Low Income Certificate, you will be able to claim your travel costs. However you will need to produce evidence of the benefit received.

You can claim your car mileage or bus fares, but you must keep your ticket as proof of travel. Taxi fares will not normally be paid.

## What happens if I am late?

We aim to see people at the allocated time. If you are late this reduces the amount of time available to you, and your therapist may not be able to fully assess or treat you. If you are late it might be necessary to rebook your appointment.

## What if I am unable to attend?

Please ring the department on 01902 444254 as soon as possible to enable us to see someone else.

If you repeatedly cancel within 24 hours of your appointment, you may be asked to defer your attendance until you are able to keep your appointments or you may be discharged.

## What if I do not attend my appointment?

If you do not notify us that you can not attend, you will be contacted by a member of the team and asked if you would like to be re-booked for another appointment. If you do not notify us a second time, you will be discharged. The team understand that circumstances arise which prevent people from ringing to say they cannot attend. If this occurs, please ring the department as soon as possible after the missed appointment.

Missed appointments prevent someone else from attending for treatment and contribute to increased waiting time for a first appointment.

## Where can I get more information?

If you wish to find out more about the Pulmonary Rehabilitation Service please feel free to contact the team on 07796 938934 or 07796 938940. The team is available Monday to Friday from 8:30am to 4pm.



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。