

Welcome to Pulmonary Rehabilitation





What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is a programme of exercise and education for patients with long-term lung conditions. It is designed for patients who suffer from severe breathlessness and includes an exercise programme specifically designed for people with lung conditions and provides information on how to manage your condition and any symptoms.

Pulmonary rehabilitation has been designed to help you manage your own condition. It is intended to help build muscle strength to enable you to use the oxygen you breathe efficiently and help you to cope better with feeling out of breath. Pulmonary rehabilitation can also help improve your fitness levels and confidence in your ability to do things to help you regain your independence and self-management of your condition.

A typical pulmonary rehabilitation programme includes:



A physical exercise component - carefully designed for each person who attends



Advice on lung health and coping with breathlessness, various talks by professionals, such as physiotherapists, nurses and dieticians



A friendly and supportive atmosphere



Research shows that completing a pulmonary rehabilitation programme gives people better fitness and helps them walk further. As a result, people find they can do more things before becoming short of breath, for example, shopping and climbing the stairs.

Pulmonary rehabilitation also helps you to control your symptoms and manage your condition.

Why Have I Been Invited to Attend Pulmonary Rehabilitation?

You have been referred to the service by your GP or another healthcare professional who feels you may benefit from attending a pulmonary rehabilitation programme.



What Will Happen at My Pulmonary Rehabilitation Session?

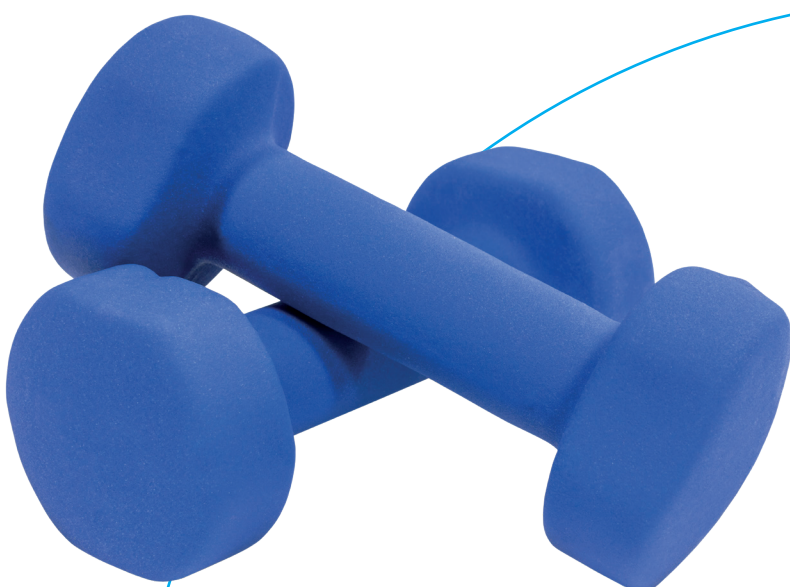
Our pulmonary rehabilitation course is completed over six weeks and includes a programme of exercise and education. Our highly trained respiratory physiotherapist or nurse leads sessions and will check your oxygen levels each time.

Each programme consists of twice-weekly, two-hour sessions and is held in local community facilities.

It is important that you complete all sessions to ensure long-term health benefits.

Each session will consist of one hour of exercise designed to improve your heart strength, your fitness levels and your breathlessness. Each session is tailored to your ability and health need, with goals set at your pace. Exercise sessions are closed with a relaxation session and an educational talk.

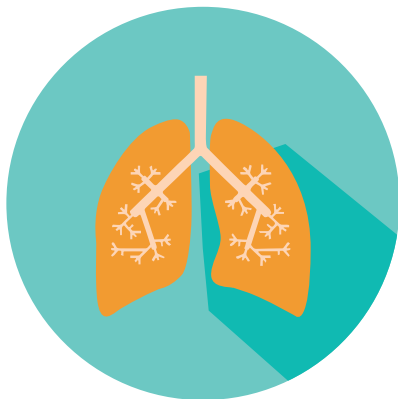
We also offer online video pulmonary rehabilitation sessions for patients with more severe COPD who struggle to leave their homes.



What Educational Sessions Are Included?

Our education sessions have been developed to provide the relevant information to help you manage your condition and improve your quality of life.

The sessions included within our programme include:



How the lungs work, lung disease and breathing exercises



Medication and inhalers



Self-management



Dietician/nutritional advice



Future planning

How to Contact Us

You can contact us in a number of ways:

By telephone:

0800 9160625

Monday to Friday, 8.00am – 5.00pm.

Only urgent calls are accepted outside these hours.

By Email:

BHLTD.pulmonaryrehab@nhs.net

By post:

Baywater Healthcare,
Wulvern House,
Electra Way,
Crewe, Cheshire,
CW1 6GW

Please contact us if you require this leaflet in another language or format, including large text, easy read or braille.





For more information please contact

Baywater Healthcare

Wulvern House
Electra Way
Crewe
Cheshire
CW1 6GW

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