

Education

Face to face & virtual Sessions are fairly informal, allowing you the opportunity for discussion in a group setting.

On the home programme you will be provided with educational material in an accessible format and given the opportunity to discuss with your support worker

Topics covered are:

- Benefits of Exercise
- About my lung condition
- Airway Clearance Techniques
- Managing Breathlessness
- Managing Respiratory Flare ups
- Inhaler Techniques
- Maintaining healthy eating with a respiratory condition
- Energy conservation
- Managing Stress & Anxiety.

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Compliments, comments, concerns or complaints? If you have any compliments, comments, concerns or complaints and you would like to speak to somebody about them please telephone **01773 525119** or email dchst.patientexperienceteam@nhs.net

Are we accessible to you? This publication is available on request in other formats (for example, large print, easy read, Braille or audio version) and languages. For free translation and/or other format please T: **01246 515224** or E: dchst.communications@nhs.net

Patient Feedback

To reassure you here are some quotes from past patients who have undertaken a Pulmonary Rehabilitation programme with us.

‘The overall programme was well presented with expert tuition from Physiotherapist and professionals in their own specialties’

‘With knowledge comes hope and understanding, cleared up misconceptions’

‘I hope these programmes continue as I think they are very important to people with COPD.’

‘Just brilliant. It gave me lots of confidence and encouragement ‘

‘Both me and my wife are very grateful for all the valuable help you have given me in talks and exercise. It has helped my wife understand and doesn’t worry her as much. I think these sessions are brilliant and need to keep going to help others in the same position as me.

THANK YOU’

Call now for more information

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www.dchs.nhs.uk



NHS

**Derbyshire Community
Health Services**
NHS Foundation Trust



Welcome To
North Derbyshire
Pulmonary
Rehabilitation

What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is designed to help you cope with your breathlessness and feel stronger and fitter. We will give you the tools to understand & manage your condition.

Pulmonary rehabilitation is an established method of care for people with COPD (Chronic Obstructive Pulmonary Disease), Bronchiectasis and related pulmonary disorders.

The programme is designed to help you cope with your breathlessness and feel stronger and fitter.

It is an exercise training and education programme for people with chronic breathing problems.

What are the aims?

- 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 condition
- Relaxation and energy conservation
- After Pulmonary Rehabilitation you should feel less breathless and feel you have more control and understanding of your condition.

PROCESS OF PULMONARY REHABILITATION

Your GP/Consultant/Other health professional will have referred you to the pulmonary rehabilitation service. Self-referral is also possible by contacting us directly.

You will be invited for pre-assessment over the telephone or online and undertake a walking test at a clinical setting prior to the programme. This will determine if pulmonary rehabilitation will be of benefit to you.

If accepted onto the course, an individualised exercise programme with personal goal setting will be devised.

You will be expected to (under guidance) undertake some walking training and some simple exercises at home. This is to help you get the most benefit from the programme.

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 supported by staff that are experts in helping people with a respiratory condition and we are there to help you!

Research proves Pulmonary Rehabilitation leads to improvements in your ability to exercise and as the programme goes on you should be able to start walking further and feel less breathless in day to day activities.

There are 3 types of Pulmonary Rehabilitation.

You can choose one option in collaboration with the physiotherapist to suit your individual needs and preferences.

- **The Face to Face Programme** runs over 6 consecutive weeks. Programmes run from Community Hospital and community venues. There will be 2 sessions per week lasting approximately 2 hours.
- **The Virtual programme** runs over 6 consecutive weeks on Microsoft Teams. There will be weekly online sessions, lasting approximately 2 hours. You will need access to the internet and a computer, laptop or tablet with camera and microphone facilities
- **The Home based programme** This is a structured programme whereby you will receive a weekly agreed telephone call to discuss your exercise progress and the educational material in an accessible format.