

Pulmonary Rehabilitation

Better Breathing Classes



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What is Pulmonary Rehabilitation?

If you have a long term lung condition such as COPD, Bronchiectasis, Pulmonary Fibrosis or Chronic Asthma, you may find you have become more breathless, more tired and are finding it harder to do your everyday activities.

Pulmonary Rehabilitation is a programme designed to help you improve your fitness, manage your breathlessness and to teach you how to manage your condition.

What does the Programme involve?

The programme is a mixture of exercise and advice, carefully designed for each individual, and run by Specialist Respiratory Staff. Each programme includes:

- An exercise programme tailored to your ability and needs
- Advice on managing your lung condition and coping with breathlessness
- A friendly, fun and supportive atmosphere
- An opportunity to meet people with the same condition

How will it benefit me?

Pulmonary Rehabilitation aims to:

- Improve your breathlessness
- Improve your fitness and help you to do more
- Improve your quality of life
- Improve your ability to carry out activities important to you
- Help you learn more about your condition
- Help you to control the symptoms of your condition
- Improve your general health

How long does the programme last?

The programme is a minimum of 12 sessions, each lasting for two hours.

What is required of me?

You must be committed to attend. We understand that there may be times that you have to miss a session, but you will get maximum benefit by attending as many classes as you can.



When attending the programme you need to dress in comfortable clothes and good fitting, flat footwear to exercise. If you wear spectacles for reading please remember to bring them with you. Please bring your blue inhaler and GTN Spray if you have one.

Where do they take place?

The classes take place in a variety of venues from Community Centres, GP Practices, Community Hospitals and Church Halls.

What happens when I finish the Programme?

By the end of the programme you will have a greater understanding of how to manage your lung condition and what to do when you get ill. You will be fitter and as a result less breathless during your day to day activities.

It is important that you continue to exercise and keep as active as possible. In many areas there are options to join follow on groups.

If any of my family or friends are interested in Pulmonary rehabilitation, how can they find out more?

Contact your local community respiratory team directly or discuss with their GP, Consultant or Nurse who can refer.

Find out more

In this short video a respiratory nurse specialist and patients explain pulmonary rehabilitation and how exercise can improve the symptoms of COPD.

www.nhs.uk/video/pages/pulmonaryrehabilitation

www.ahsn-nenc.org.uk/programmes/respiratory-care/pulmonary-rehab/

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

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