

What is Pulmonary Rehabilitation?

Pulmonary rehabilitation (PR) is a supervised personal eight week programme made of exercise and education, designed for people with a long-term lung condition.

The course provides:

- A tailored made physical exercise programme
- Information on looking after your body and your lungs
- Advice on managing your condition and symptoms



What are the benefits?

Research shows that Pulmonary Rehabilitation (PR) can help to improve your fitness and knowledge of your lung condition. PR can help:

- Improve your activity levels
- Improve your muscle strength
- Improve confidence in managing your condition
- Improve your quality of life
- Make the most of your lung function and encourage you to exercise safely
- Improve your mental wellbeing – reducing anxiety
- Reduce the risk of you ending up in hospital
- Reduce feelings of being tired and breathless

Local Courses

Our Pulmonary Rehabilitation courses consist of twelve sessions run over six-weeks.

Each session is run by a respiratory physiotherapist, with support from a dietician, specialist respiratory nurses, respiratory doctor, psychologist, occupational therapists and rehabilitation assistants.

Each session consists of:

- One hour of gentle exercise - tailored to suit your individual needs
- One hour education session – to improve your knowledge and management of your condition

It provides a friendly and supportive environment in which to exercise and learn.

The classes run at:

- Kidderminster Treatment Centre. Kidderminster. Monday and Wednesday
- Badsey Recreation Centre. Evesham. Monday and Wednesday
- Batchley Community Centre. Redditch. Tuesday and Friday
- Archdales Club. Worcester. Tuesday and Friday
- Williams Court. Malvern. Tuesday and Thursday

How do I get involved?

To participate in the programme you can be referred through your GP, practice nurse, respiratory nurse or respiratory consultant. You must be registered with a Worcestershire GP, and be able to travel to the closest programme to you.

Fit to Breathe

Once you have undertaken the eight week programme you will be invited to a Maintenance class for Pulmonary Rehabilitation graduates. These are held in 5 locations across Worcestershire in:

- Worcester
- Kidderminster
- Redditch
- Malvern
- Evesham

Contact Details

Please speak to your GP or Practice Nurse about being referred for Pulmonary Rehabilitation (PR).

PR is run by the Worcestershire COPD Team

COPD Team

Address:

3 Kings Court
Worcester Royal Hospital
Charles Hasting Way
Worcester
WR5 1DD

Phone: 01905 760023

Email: wah-tr.COPDTeam@nhs.net

Useful Information

British Lung Foundation: www.blf.org.uk

Feedback

Feedback helps us highlight good practice and where we need to improve. There are lots of ways you can give feedback including completing a Friends and Family Test card or undertaking a survey. For further information please speak to a member of staff, see our Patient Experience leaflet or visit

www.worcsacute.nhs.uk/contact-us

Patient Advice and Liaison Service (PALS)

Our PALS staff will provide advice and can liaise with staff on your behalf if you feel you are unable to do so. They will also advise you what to do if your concerns have not been addressed. If you wish to discuss making a formal complaint PALS can provide information on how to do this. Telephone: 0300 123 1732. Monday to Thursday 8.30am to 4.30pm. Friday 8.30am to 4pm. An answerphone operates outside office hours. Or email us at: wah-tr.PET@nhs.net

If you would like this leaflet in an alternative language or format, such as audio or braille, please ask a member of staff.

Polish

Jeżeli są Państwo zainteresowani otrzymaniem niniejszej ulotki w innej wersji językowej lub formacie, prosimy zwrócić się w tej sprawie do członka naszego personelu.

Bengali

আপনি যদি এই প্লিকলেটটি অন্য ভাষায় বা কমাংকে পেতে চান যেমন, অডিও বা ব্রাইল, তাহলে অনুগ্রহ করে সদস্য বা কর্মীদেরকে তা জানান।

Urdu

اگر اس کاپیہ کر آپ کسی متعلق زبان یا ہیئت جیسے انور یا بریل میں چاہتے ہیں، تو براہ کرم اسٹاف رکن سے متعلقہ۔

Romanian

Pentru a obține această broșură în altă limbă sau în alt format fie audio sau limbajul Braille, vă rugăm să apelați la un membru al personalului.

Portuguese

Caso deseje este folheto numa língua ou formato alternativos, tal como ficheiro áudio ou em Braille, por favor dirija-se a um dos nossos funcionários.

Chinese(Mandarin)

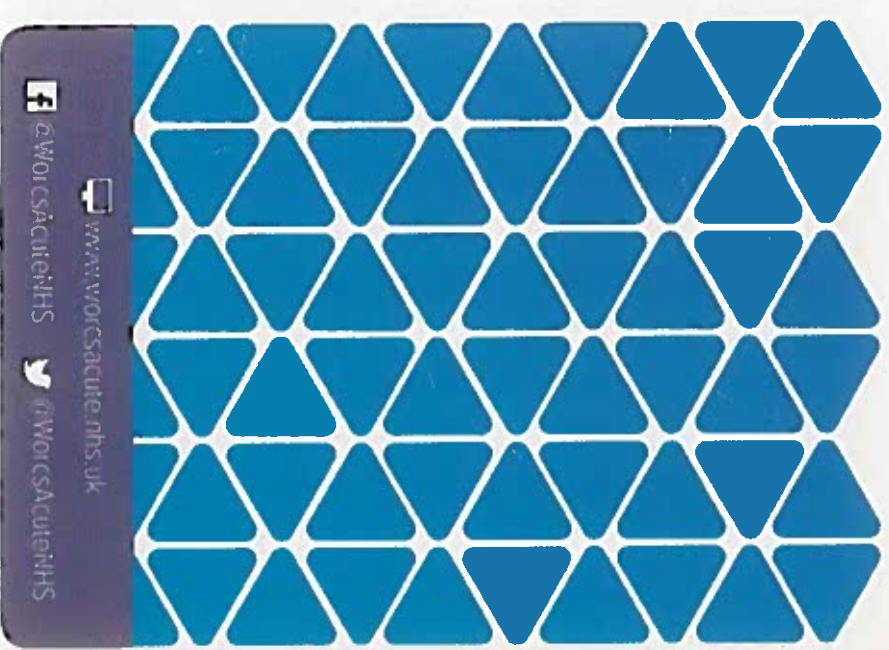
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A Guide to Pulmonary Rehabilitation

Worcestershire COPD Team



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