

Pulmonary rehabilitation

Community Respiratory Team



Huntingdon and Cambridge, 2018



Pride in our older people's and adult community services

What is pulmonary rehabilitation?

When you suffer with a lung condition, breathlessness is the main symptom that people suffer with and struggle to manage. It affects all of your normal activities of daily living and can be very frightening. As a result, people often avoid situations where they might become breathless and therefore reduce the amount of activity they do. In the long run, this can cause you to become unfit, tire easily and be even more breathless. Pulmonary rehabilitation can break this cycle.

Pulmonary rehabilitation aims to help you cope with your breathlessness and improve your fitness. After a course of pulmonary rehabilitation, you'll feel less breathless and more able to do things that you couldn't do before.

How will pulmonary rehabilitation help me?

Increase your ability to exercise:

You should be able to walk further and as a result will probably feel less tired and breathless during day-to-day activities such as walking up stairs, shopping and dressing.

Help to cope with breathlessness:

It is very easy to be frightened by breathlessness. Pulmonary rehabilitation intends to help you manage your breathlessness better and to have more control. It does this by

1. Strengthening your muscles
2. Improving the use of oxygen
3. Increase your co-ordination
4. Increasing the understanding of your breathlessness

It is important to know that although pulmonary rehabilitation should help you with breathlessness, it is unlikely to change your lung function as measured by a spirometer.

What happens during pulmonary rehabilitation?

- The class runs twice per week
- Each class is two hours long
- The first hour is for exercise tailored to each individual with lots of time to rest and pace yourself around the exercise course.
- The second hour is an education session that covers a variety of subjects relating to your condition
- The course runs for seven weeks
- Each class is run by our Pulmonary Rehabilitation Team consisting of specialist physiotherapists and assistants.

You will initially be invited for an assessment to ensure you are medically stable to start the course with us.

We monitor you throughout the course and we will never ask you to do more than you are able.

The topics covered in the education sessions are as follows:

- The benefits of exercise
- How the lungs work
- Lung disease – what is it?
- Breathlessness management
- Speaking to a patient about their experiences
- Airways clearance
- Managing chest infections
- Inhalers
- Dietary advice
- Energy conservation
- Low mood and anxiety

You can be referred to us by any healthcare professional.

For further information about this service please contact:

0330 726 0077

Mon – Fri 8am – 6pm

Email: cpm-tr.communityrespteam@nhs.net



Leaflet published: Mar 2018
Leaflet review date: Mar 2019

Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Free phone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Contact Lifeline on **0808 808 2121**
7pm-11pm
365 days a year

If you require this information in another format such as braille, large print or another language, please let us know.



CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help

HQ Elizabeth House, Fulbourn Hospital, Cambridge CB21 5EF
T 01223 219400 F 01480 398501 www.cpft.nhs.uk



A member of Cambridge University Health Partners