

The Pulmonary Rehabilitation course is for people with chronic lung disease who have difficulties with breathlessness and coping with daily activities. We have written this leaflet to give you information on pulmonary rehabilitation.

What is pulmonary rehabilitation?

When you have a lung condition you may find that moving around and daily activities start to make you feel breathless. The aim of pulmonary rehabilitation is to help you manage your breathlessness, and improve your strength and fitness.

Being out of breath can be frightening and can often result in people with lung conditions avoiding doing activities that cause breathlessness. Avoidance of activities results in loss of fitness, increased tiredness and more breathlessness. Pulmonary rehabilitation can help break this vicious circle.

How can pulmonary rehabilitation help?

- **Increased fitness** – after the course, you should be able to walk further and do more without feeling so breathless.
- **Help you cope with being breathless** – although pulmonary rehabilitation should help you with your breathlessness, it is unlikely that you will see any change in your lung function as measured by a spirometer.

What happens during pulmonary rehabilitation?

Before starting the course you will be invited to have an assessment in order to make sure that the course is the right option for you and so that the exercises prescribed are individually tailored for your level of fitness. The assessment will include a walking test, lung function tests (spirometry), height, weight, blood pressure & questionnaires.

Where and when do the classes run?

You are asked to attend the sessions twice weekly for 6 weeks + assessment sessions.

Sessions take place at the following venues:

Russells Hall Hospital, Physiotherapy Dept.	Mon & Thurs 13:30 – 15:30hrs
St James Medical Practice, Dudley	Mon & Thurs (10:00 – 12:00hrs)
The Grange Court, Pedmore	Wed's & Fri, 13:30 – 15:30hrs
Dudley Guest Hospital, Physiotherapy Dept.	Wed's & Fri, 10:30 – 12:30hrs

Useful information:

Clothing:

Wear clothes and shoes which are comfortable and suitable for exercise.

Medication

Please bring your inhalers and any other medication that you require.

Refreshments:

It is important to drink fluid when exercising, this will be provided.

Support:

A family member or friend is welcome to accompany you and join in if keen!

Transport:

You will need to make your own way to the classes.

Who can I contact for further information?

Your GP Surgery

or

Pulmonary Rehabilitation Team, Lung Function Department, Russells Hall Hospital, DY1 2HQ: **Respiratory Helpline – 01384 244383**