



## Contact Details

For further information or advice contact the service on **01482 247111** asking for Pulmonary Rehabilitation.

**For comments or concerns please contact:**

### Customer Care Team

City Health Care Partnership CIC  
5 Beacon Way  
Hull  
HU3 4AE

**01482 347627**  
[chcp.customercare@nhs.net](mailto:chcp.customercare@nhs.net)

If you would like this document in an alternative language or format, such as audio tape, large print or Braille, please call: **01482 347649**

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## Pulmonary Rehabilitation service

Pulmonary rehabilitation is a treatment programme for COPD and other respiratory conditions.

## Pulmonary Rehab Service

Pulmonary rehab aims to help and support patients with certain lung conditions to improve their lung health.

When you are referred to the service you will be invited to a clinic to see a pulmonary rehab nurse.

At your appointment you will get an individual assessment, information about your condition, advice about lifestyle changes and a long-term plan for managing your COPD.

When attending your clinic appointment you may bring someone with you. It would also be helpful if you could bring a list of your current medications.



## Education sessions

You will be invited to attend a “healthy lungs” talk which will last about two hours. You are welcome to bring someone with you.

### You will learn about:

- Respiratory conditions and treatment
- Respiratory medications and inhalers
- Respiratory risk factors
- Breathlessness and panic management
- Breathing exercises and what to do if you have a flare up
- How exercise helps
- Ways to keep your lungs healthy

You will be able to meet the pulmonary rehab nurses and physiotherapist to ask any questions you may have.



## Pulmonary physiotherapy rehabilitation service

If you have chosen to take part in an exercise programme, a pulmonary physiotherapist will assess your current fitness level. We will develop an exercise programme specific to your needs and goals.

Your first appointment with the physio team will be for an assessment; it takes about 1 to 1.5 hours. They will ask about your health and activity levels and you may be asked to do a walking assessment. If you are prescribed an inhaler, oxygen or GTN spray please bring this with you.

### How will my exercise programme help me?

- Improve your muscle strength so that you use oxygen more efficiently
- Reduce feelings of breathlessness
- Improve balance and co-ordination
- Help you sleep better
- Loosen the secretions in your airways
- Develop your confidence to be more active and help you feel fitter
- Improve your heart muscle strength and circulation
- Reduce your blood pressure and stress levels
- Improve your mood and state of mind

## What happens in the classes?

- A gentle warm up session consisting of exercises and stretches led by the physiotherapy team
- A circuit of exercises tailored for you, supervised by the physiotherapy staff. After each exercise you will be asked to rate your level of breathlessness
- Cool-down through gentle movement and stretches

After you've completed your exercise programme, the physiotherapy and nursing teams will re-assess your fitness.

We can advise you on long-term activities to help you live a healthier life.