

# What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a combination of exercise and education delivered in a programme by a range of health professionals for people with Chronic Obstructive Pulmonary Disease (COPD), their families and carers.

## What are the aims of Pulmonary Rehabilitation?

- To improve your ability to exercise
- To reduce your feelings of breathlessness
- To educate you about your condition and how it is managed
- To improve your self-management
- To improve your quality of life
- To improve your self-confidence

## Why do I have to be assessed before starting the pulmonary rehabilitation programme?

The assessment helps us collect information from you about your health and how your lung condition affects you. We also need to assess your exercise ability to ensure that you are suitable for the programme. The results of your assessment will be explained to you by the physiotherapist. Some of the measurements collected at your assessment appointment, e.g. questionnaires and walking tests, will be used for comparisons before and after the programme. This will enable you and the team to understand the extent to which you have improved.

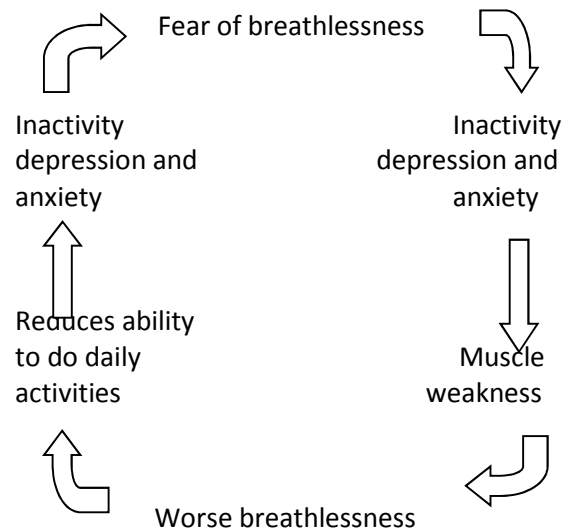
## How many weeks should I attend for?

The programme is held at the Central Community Health Centre, Westmoreland Road, Douglas. It runs twice a week for a maximum of 8 weeks.

## How long does each session last?

You should expect to be at each session for between 90 and 120 minutes.

## Why do I need to exercise if I have COPD?



Doing even small amounts of regular exercise can help to break this cycle of inactivity.

As you continue to exercise you will find you can do more activities without feeling so breathless.

Remember breathlessness is a normal response to exercise.

### **How do I exercise?**

The physiotherapist will assess your individual ability and teach you exercises that are suitable for you.

You need to exercise at a level at which you feel moderately breathless – you will be advised further about this.

You need to follow instructions and advice given to you during the sessions about how to exercise and how often.

By learning to exercise safely with a lung condition you will learn how to improve your ability to control breathlessness, boost confidence levels and help rediscover activities you thought you could no longer do.

### **What education sessions might I attend as part of the Pulmonary Rehabilitation Programme?**

The education sessions will be delivered by a range of health professionals including physiotherapists, nurses, doctors, occupational therapists, dieticians, social workers and the smoking cessation service.

The education sessions will include: -

- What is COPD?
- Management of a lung flare up or chest infections
- Inhalers and medications
- Benefits of exercise

- Management of breathlessness
- Chest clearance techniques
- Energy conservation
- Anxiety management and relaxation
- An introduction to Cognitive Behavioural Therapy
- Healthy eating
- Benefits advice
- Stopping smoking

### **What happens if I feel unwell or have a lung flare-up during the programme?**

If you have a chest infection and need to start antibiotics and oral steroid tablets, and you feel well enough, you can still come to the programme.

If you are unable to attend the session due to a chest infection, the sooner you are able to return to the class the better.

### **Contact details**

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General Enquiries:

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