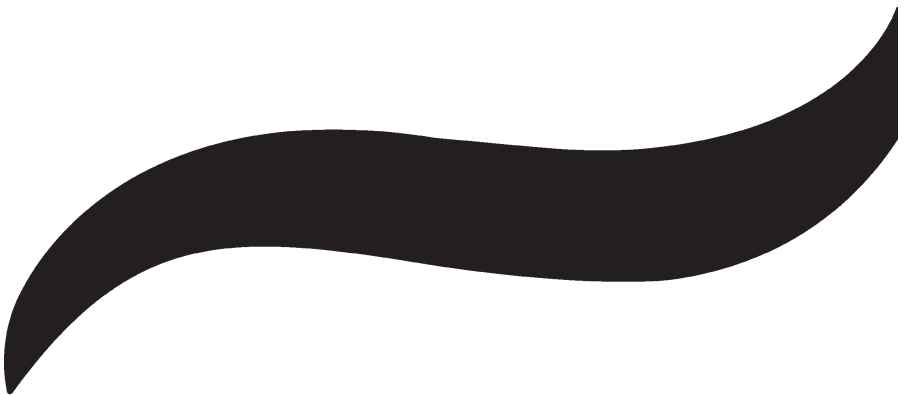




# What is Pulmonary Rehab?

Information for patients  
Physiotherapy Department



# WHAT IS PULMONARY REHABILITATION?

Pulmonary rehabilitation (PR) is an exercise and education programme for people living with a long-term chest condition.

- ❖ **P**ulmonary = Lung
- ❖ **R**ehabilitation = Improve your health

The exercise part of the programme is designed to increase your level of fitness. This will allow you to carry out your daily activities feeling less breathless. Exercise has been proven to have many benefits for people with breathing problems. It allows you to be able to do more without feeling as breathless, and can help you to do things that you have not managed for a while.

The education part of the programme increases your knowledge of your lung condition and how to cope better. Topics include:

- ❖ breathing techniques
- ❖ ways to cope with your breathlessness at home and outside
- ❖ how to manage chest infections
- ❖ advice about inhalers and antibiotics

## WHO RUNS PR?

A physiotherapist, nurse and multi-disciplinary team members run the programme.

## WHERE AND WHEN DOES PR HAPPEN?

The exercise classes run twice a week. Each class is approximately 1 hour long. The complete programme runs for 12 sessions. We will also give you an exercise diary to work on at home.

## **HOW WILL I KNOW HOW MUCH I CAN DO?**

We will invite you to an initial face-to-face appointment at the local leisure centre which usually lasts about 15 minutes. The Pulmonary Rehab physiotherapist will complete your assessment and give you more information about the classes. This lets us decide on an exercise programme that suits you.

## **WHAT SHOULD I WEAR?**

Wear loose, comfortable clothing that you can easily move around in, and flat, comfortable shoes, like trainers.

## **WHAT HAPPENS ONCE I FINISH PR?**

At the end of your programme we will reassess you to record your improvement. We will offer you the chance to maintain your new level of fitness by attending Active Health classes at your local leisure centre.

## **WHAT HAPPENS NOW?**

Once your referral is received the Pulmonary Rehab team will get in touch with you. If you opt into PR we will give you a telephone call and this will give you opportunity to ask us anything about the programme. We look forward to meeting you.

# CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk) or ask a member of staff for a copy of our Data Protection Notice.

**NHS Lanarkshire** - for local services and the latest health news visit [www.nhslanarkshire.scot.nhs.uk](http://www.nhslanarkshire.scot.nhs.uk)  
NHS Lanarkshire General  
Enquiry Line: 0300 30 30 243

**NHS inform** - The national health information service for Scotland.  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)  
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.  
[Services@lanarkshire.scot.nhs.uk](mailto:Services@lanarkshire.scot.nhs.uk)



[www.careopinion.org.uk](http://www.careopinion.org.uk)

Pub. date:	March 2022
Review date:	March 2024
Issue No:	01
Department:	Physiotherapy
Clinical lead:	

PIL.PULRHB.22\_05580.L