

Your appointment for a respiratory physiotherapy programme

Department of Physiotherapy

Information for Patients

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Introduction

The Physiotherapy Respiratory Outpatient Team at Glenfield Hospital provide many services for patients who have problems with their breathing.

Our aim is to help patients achieve effective, long-term self-management. We do this through a detailed assessment and by helping you understand your condition.

You will get a personalised treatment programme. We make every effort to educate, support and improve your independence so that you can reach your goals.

All of our physiotherapists have the required level of training and qualification and are registered with the Health and Care Professions Council.

What type of patients do we see?

We see patients with:

- asthma.
- persistent cough.
- breathing pattern disorders.
- a long-term condition where the airways of the lungs become abnormally widened (bronchiectasis)
- chronic obstructive pulmonary disease (COPD)
- scarring of the lung (lung fibrosis/ interstitial lung disease (ILD)).
- Long covid patients
- problems with their vocal cords (vocal cord dysfunction).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What support and self-management techniques do you offer as part of the treatment programme?

- Education
- Chest clearance
- Re-training your breathing pattern
- Cough control
- Breathlessness management
- Posture correction
- Lifestyle management and well being
- Therapeutic exercise
- Basic advice for incontinence caused by weakness of the pelvic floor muscles.
- Relaxation

Your treatment plan will be personalised and tailored to your needs.

What will happen at my appointment?

- You will get a letter to say that you are at the top of the waiting list. You will need to call the department within 10 working days of getting the letter and book an appointment.
- If we have cancellations, we may send you an appointment with a date and time. If this happens and the appointment does not suit you, you can call and rearrange it.
- Your first appointment is usually face to face. We can also offer telephone and video appointments.
- Please make sure you arrive on time to allow plenty of time for car parking.
- Your appointment can last up to 1 hour. It includes your assessment and treatment.
- Your assessment will include talking about your referral, your condition, symptoms, problems and goals, as well as your past medical history.
- Treatment will vary for each patient.

How should I prepare for my appointment?

- If you have a face to face appointment, please bring some water and any reading glasses you may have.
- If you have a telephone or video consultation please make sure you are in a quiet place without interruptions if possible. Please find somewhere you can sit down whilst on the phone and have a drink of water available.
- Make sure your phone is fully charged if using a mobile.

- If you have an email address, have it handy. We may suggest having future appointments by video call but this will not be for all patients. We can record an email address for you on our system to send you any other patient information during the course of the programme.
- For both a telephone/video or face to face appointment please have a list of your current medication available
- If you cannot make your appointment please contact the department to re-arrange. We can then offer the appointment to someone else.
- Due to our waiting list, it may be a while before you hear from us. We try to send text messages to our patients to let them know they are on the waiting list. You may get a message to ask if you would like to continue to remain on our waiting list. Please make sure we have your correct mobile number on our system,
- If you have been referred for breathing pattern disorders, the following link may be helpful.
www.physiotherapyforbpd.org.uk

Contact details

Physiotherapy Respiratory Outpatient Team

Physiotherapy Department, Glenfield Hospital, Groby Road, Leicester LE3 9QP

Telephone number: 0116 258 3595

Clinic hours: Monday to Friday (9am to 4pm)

Each physiotherapist works on different days of the week. You can call with any questions or queries but you may not be able to speak to a specific member of our team on the same day you are calling. We will respond to enquiries as soon as possible.

Please note we do not offer an emergency service. Please contact your GP, the NHS helpline on 111, or dial 999 in case of an emergency.

