

# Rehabilitation programme to improve your health in lung/heart conditions

Pulmonary Rehabilitation  
Breathlessness Rehabilitation  
Information for Patients

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## What is a rehabilitation programme?

A rehabilitation programme is a plan that helps you get better. It includes learning about your condition and doing exercises. You will work at your own pace. It is proven to be helpful for people with long term heart and lung (pulmonary) conditions like:

- chronic obstructive pulmonary disease (COPD)
- other lung diseases,
- the effects of Long Covid,
- heart failure.

If you have recently been unwell or in hospital with a change in your condition, a rehabilitation programme can help you in your recovery.

A doctor or nurse at a general review or check-up may have recommend this programme to you.

## How will it help me?

It will:

- reduce breathlessness and tiredness.
- improve your general health and level of fitness.
- improve your ability to do daily activities that are important to you.
- teach you about your condition.
- help you to control the symptoms of your condition.
- increase your level of confidence and quality of life.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)

## What happens after I have been referred?

- We will call you on the phone to talk about the problems you are having. We will talk about any other medical issues that may affect you taking part in the course. We will then arrange for you to come and do some tests. Please wear comfortable clothes and shoes for your visit.
- Please bring with you any inhalers that you use. Bring GTN spray if you have it. Bring a list of all other medication that you take to your appointment.
- If the programme is suitable for your needs, we will talk with you about the best way to take part.
- If you cannot get to your face-to-face appointment any other way, you may be able to arrange hospital transport. The booking phone number is on your appointment letter. There are restrictions as to who is able to use this service.
- Please call the phone number on your appointment letter if you need an interpreter. We can arrange this for both phone and face-to-face appointments.

## How can I take part?

You can take part in our rehabilitation programme by:

- Attending classes at your choice of venue. Pulmonary Rehabilitation and Breathlessness Rehabilitation take place at different venues in Leicester. We will talk with you about the best site for you at your appointment.
- Exercising at home using a manual guide book (Pulmonary Rehabilitation only) and phone support from the team.
- Exercising at home using a website (iIMPACT).



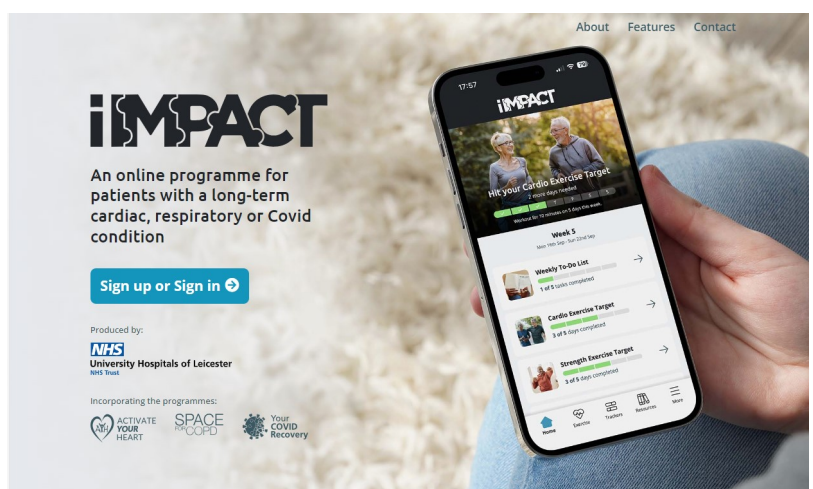
Example of manual guide book

We will give you an individual exercise programme to improve your fitness and strength.

Whichever option you choose we would expect it to take about 6 to 8 weeks for you to finish the programme. It may take a little longer for home based options.

We will ask you to attend another assessment appointment in person when you have finished the programme.

We understand that there may be times when you cannot attend. However, you will get the most benefit by regularly attending and interacting with the programme.



Example of the website homepage



## What do other patients say about rehabilitation?

- “Was unwilling initially to participate but glad I have as I now feel better and have more control over my breathing, and therefore my life
- “Thanks so much for helping me get my life back on track.”
- “In a nutshell I control my breathing now, it doesn’t control me.”
- “Rehabilitation the gateway to making changes in your lifestyle”
- “This program gave me hope, support and confidence in me, where before I would stop myself going out”

## What do doctors say about rehabilitation?

- “All the evidence suggests that rehabilitation will improve your quality of life and your ability to do more without being so breathless. Definitely worth a go!”

**Professor Sally Singh, Head of Cardiac and Pulmonary Rehabilitation**

- “In my opinion, pulmonary rehabilitation is the most effective way of improving symptoms and quality of life for patients with long term lung conditions.”

**Professor Michael Steiner, Consultant Physician of Respiratory Medicine**

## What if I cannot attend my appointment?

If you do not wish to attend, or cannot make your appointment, please contact the department as soon as possible. This means we can either rearrange your appointment or give the appointment to another patient. Please check your appointment letter for the correct number to call.

Pulmonary Rehabilitation Department: **0116 258 3181**

Cardiac Rehabilitation Department: **0116 258 3986**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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