

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 involves an education and exercise course. They are proven to be helpful for people with long term heart and lung (pulmonary) conditions, such as chronic obstructive pulmonary disease (COPD), other lung diseases or heart failure.
- A rehabilitation programme can help with your recovery if you have recently been unwell or in hospital with a change in your condition.
- A rehabilitation programme may have been suggested to you by your doctor or nurse at a review or check-up.
- It will help you do more, for example walking and daily tasks.
- It consists of exercise and education sessions and each person will work at their own pace.

How will it benefit me?

- Reduce breathlessness and tiredness.
- Improve your general health and level of fitness.
- Improve your ability to carry out daily activities that are important to you.
- Educate you about your condition.
- Help you to control the symptoms of your condition.
- Increase your levels of confidence and quality of life.



**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 happens once I've been referred for rehabilitation?

- An assessment for rehabilitation starts with a telephone consultation where we can talk with you about the problems you are having and any other medical issues that may affect you taking part in the course. This is followed by a visit to us to complete some tests. Please wear comfortable clothes and shoes for your face-to-face visit.
- Please bring any inhalers that you use and a list of all other medication that you take to your appointment.
- If rehabilitation is suitable for your needs, we will discuss with you the best way for you to take part.
- If you are unable to get to your face-to-face appointment any other way, it may be possible to arrange hospital transport. The booking telephone number is on your appointment letter; please note there are restrictions as to who is eligible to use this service.
- If you need an interpreter for your appointment, please call the telephone number on your appointment letter to arrange this. This can be arranged for both telephone and face-to-face appointments.

How can I take part?

You may be able to take part in our rehabilitation programme in a few different ways:

- Attending classes at your choice of venue. Pulmonary Rehabilitation and Breathlessness Rehabilitation take place at several venues in Leicester. The best site for you will be discussed with you at your appointment.
- Exercising at home with the use of a manual guide book and telephone support from the team.
- Exercising at home with the use of a website and with email or telephone support from the team.



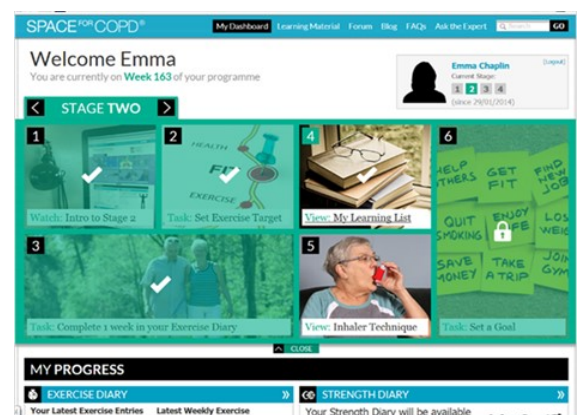
Example of manual guide book

In all cases you will be given your own individual exercise programme to improve your fitness and strength.

Whichever option you choose we would expect it to take about 6 weeks (possibly a little longer for home based options) for you to complete.

Once you have completed the programme you will be asked to attend another assessment (or discharge) appointment, in person.

We understand that there may be times when you cannot attend, however the best benefit is seen when you regularly attend and interact with the programme.



Example of website page



www.activateyourheart.org.uk

What do other patients say about rehabilitation?

- “Many thanks for all your help. The whole experience was very worthwhile.” **Mr J**
- “I want to thank all the team who have helped me to get the better of my breathing problems.” **Mrs O**
- “Thanks so much for helping me get my life back on track.” **Mrs D**
- “In a nutshell I control my breathing now, it doesn’t control me.” **Mr B**

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

- “Pulmonary rehabilitation is one of the best forms of evidence-based treatment for chronic lung disease. You will be amazed at what you can achieve.”

Professor M.D.L. Morgan, Consultant Physician of Respiratory Medicine

What if I’m unable to 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 Tel: **0116 258 3181**

Cardiac Rehabilitation Department Tel: **0116 258 3986**

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ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ 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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