



# Pulmonary Rehabilitation

## Lothian Community Pulmonary Rehabilitation Service

### A guide for patients

---

*“Do not be afraid to try this programme, you will be amazed at the difference it will make to your whole outlook.” Patient Quote*

### What is Pulmonary Rehabilitation?

It is a series of classes designed to help people with lung problems. The well researched programme of exercise and education aims to support you to get back in control of your breathing. It will not cure your breathing problems, but it will make you feel fitter, better and more able to do your normal day-to-day activities such as housework, shopping, getting upstairs or gardening.

### Where are the classes held?

You will be invited to attend an assessment; this includes a discussion about your health and a walking test. You will then be given the opportunity to attend a programme of classes at different venues across the Lothians.

- Bathgate Primary Care Centre
- East Lothian Community Hospital
- Fraser Centre, Tranent
- Leith Community Treatment Centre
- Midlothian Community Hospital, Bonnyrigg
- St John’s Hospital, Livingston
- Strathbrock Partnership Centre, Broxburn
- Wester Hailes Healthy Living Centre

### How often are classes held?

Pulmonary rehabilitation is a weekly programme which runs for six weeks.

### What do the classes involve?

The classes include a half hour long education session. These aim to help you better understand and manage your breathing problems.

The hour of supervised exercise involves a gentle warm-up followed by a series of exercises where you will start at your own level and gradually increase as you start to feel fitter. The exercises have been designed to help you manage your breathing difficulties.

## Who will support me at the classes?

Each class is supervised by members of the Pulmonary Rehabilitation Team.

## Who can take part?

Most people on the programme have COPD (Chronic Obstructive Pulmonary Disease) but some people with other chronic lung conditions may also benefit. Everyone will be exercising at different levels, so it is important that you do not try to keep up with anyone else but exercise at the pace advised by our team.

## How do I prepare for the programme?

Before the programme starts you will be given an appointment for an assessment. This will take approximately one and a half hours. You will be invited to complete a short questionnaire designed to assess how much your lung problems affect your life and also do a simple walking test. These tests allow us to plan how much exercise you should do in the group and at home. We also encourage you to set goals for yourself, which we will support you with.

## What happens once I complete the programme?

You will be invited to attend a final assessment. The Pulmonary Rehabilitation team will offer you guidance in options to continue your exercising. Evidence suggests that completing the programme and continuing exercise can reduce the frequency and severity of further exacerbations, reduce hospital admissions and improve quality of life.

## What do participants think?

- *“The programme makes a big difference in the way you feel about COPD. It makes you do more and see that life is still good.”*
- *“I can walk further, breath better, it’s given me more energy than I’ve had for a long time, and I would recommend to anyone with breathing problems.”*

## Further information

If you have any questions about the information in this leaflet, please contact:

### **Pulmonary Rehabilitation Team:**

**Edinburgh: 0131 536 6372**

**East/Midlothian: 0131 454 1013**

**West Lothian: 01506 522070**