How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser as hand sanitisers are not suitable for use when dealing with patients who have symptoms of diarrhoea.

Where do they take place?
• Amersham
• Aylesbury
• Loudwater (High Wycombe)
• Thame
• Stoke Poges
• Winslow.
• Chalfonts and Gerrards Cross Hospital.

Comments from previous patients
“thank you for giving me my confidence back”

“I feel like a new person, even friends and family have seen the difference”

“I am managing better to climb the stairs again”

For further information please contact:
Lesley Broad / Anam Rasheed
Bucks Integrated Respiratory Service, Pulmonary Rehabilitation, Verney House, Gatehouse Road, Aylesbury, HP19 8ET
Tel: 01296 566113
Web: www.lunguk.org

To make sure this programme is effective for you please try and attend every session.
**How can pulmonary Rehabilitation help me?**

Research has proven to show that pulmonary rehabilitation leads to improvements in your ability to exercise and walk further. As a result you will feel less breathless doing day-to-day activities such as walking up stairs, shopping and dressing.

**What will I learn on the pulmonary rehabilitation programme?**

A typical pulmonary rehabilitation course includes:

- A gentle physical exercise programme, carefully designed for each individual.
- Advice on anxiety and relaxation.
- Nutrition advice.
- Advice on lung health and coping with breathlessness.
- A friendly and supportive atmosphere.

This will encourage you to increase your current level of activity which is important in the management of Chronic Obstructive Pulmonary Disease (COPD). You will also be given education on your inhalers and medication used in COPD.

By completing the programme you should improve your independence, confidence and learn how to manage your condition better.

**How long is the programme?**

The programme runs for 8 weeks. You will be invited to attend an initial assessment before the first week of the programme. We then meet once a week at your chosen location (see page last page) for a further 8 weeks.

You must commit yourself to attend every week of the programme and be motivated to exercise.

**What do we do at the sessions?**

**Assessment:**

You will be asked to perform a walking test to establish a baseline of your walking distance and how breathless you become on exertion; this takes about half an hour.

**Weeks 1-7:**

One hour of supervised exercise and one hour of advice and education.

**Week 8:**

On the final session, the assessment is repeated to measure your progress.

**What should I wear when I attend?**

Loose clothes which you feel comfortable in. You do not need to wear trainers or sports clothes.

**Do I need to bring my own refreshments?**

Tea, coffee and drinking water will be provided.

**Is the programme on a one to one or group basis?**

You will be in a group of 10-14 people.

**How can I be referred to the programme?**

You can ask your GP, consultant, practice nurse or any other health care professional who is currently treating you to refer you.

**Will my GP be informed of my progress?**

Yes, your GP will receive feedback on your progress. It is unlikely that you will not gain any benefit from completing the programme.

**What can I do to manage my condition?**

Keep yourself as active as possible and continue to exercise. Use what you have learnt from the programme to follow a healthy lifestyle and access the additional support that is available to you from other organisations (your GP and other healthcare professionals can advise you of these).