

Bucks Integrated Respiratory Service (BIRS)

Pulmonary rehabilitation programme



This leaflet gives you general information on our pulmonary rehabilitation programme. It does not replace individual advice from a healthcare professional.

What is the pulmonary rehabilitation programme?

Pulmonary rehabilitation classes offer a treatment programme to people with chronic lung disease.

If you have symptoms such as breathlessness, cough and fatigue you will benefit from attending.

The class offers:

- Support from specialist staff: Nurses and Physiotherapists.
- Advice on managing your breathlessness.
- An exercise programme individually designed for you.
- An education package to help you self manage your condition.
- An opportunity to meet other people who also have a lung condition.

The benefits of pulmonary rehabilitation

Pulmonary rehabilitation helps you feel more confident to exercise and gradually increases your fitness level.

- Over time, you should become less breathless when completing daily activities, such as walking, going upstairs, shopping and getting dressed.
- You should also feel less tired.
- You should be able to manage your breathlessness better and have more control over how you are feeling.

Patient advice sheet

Assessment

One of our Nurses or Physiotherapists will assess you. It usually takes about an hour. We will then offer you a venue for your class.

Your class

The classes run twice a week for six weeks or 12 sessions. We have local venues around Buckinghamshire. We also offer virtual classes. Each class will last approx. 1 hour 30 minutes, consisting of two parts, education and exercise. We will also give you a diary of exercises to do at home.

Education

The education classes will help you to understand your condition better. Topics include:

- How the lungs work.
- Breathing techniques.
- Advice on inhalers.
- Benefits of exercise.
- Advice on your diet.
- Coping with lung disease.
- Advice on how to stop smoking.
- How to manage stress.
- Relaxation.
- Exercise at home.

When you start your pulmonary rehabilitation programme, we will give you the pulmonary rehabilitation course booklet, home exercises and an exercise diary. You can add new information to your pack after each class.

When and where are the classes?

You can choose between morning or afternoon classes, at Cressex Community Centre, Prebendal Farm Community Centre, Marlow Hospital, Thame Hospital, Chalfont St Peters Community Centre, Winslow Bowls Club.

Getting to your classes

Unfortunately, we cannot provide transport to and from classes.

If you are unable to travel to our classes, please contact the Pulmonary Rehabilitation on team on 01296 255670 so we can arrange an alternative, such as taking part in the programme from home or virtually.

Patient advice sheet

Please remember that this patient advice sheet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can you help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net

এই তথ্যে স্বেচ্ছা পড়া যায় অথবা বৃহৎ চিত্রের মত বিবক; ফরম্যাট পাওয়া যাবে, এবং অনুরোধে অন্যান্য ভাষায়ও পাওয়া যেতে পারে। আমরা তথ্যের জন্য আপনার চিকিৎসককে হোমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya buyuk baskilar gibi alternatif bicimlerde sunulabilir, ve talep uzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi icin klinik ekibinizle irtibata gecin.

یہ معلوم ات متبادل فارم یٹس میں دت سیاب کی جا سکتی ہیں، جیسا کہ پھڑن ے میں آسانی اور باڈی پرنٹ اور درخو است پر م تبادلہ بانوں میں بھی دت سیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کیلنکل ٹیم سے بات کریں۔