

# Pulmonary Rehabilitation



Doncaster and Bassetlaw  
Teaching Hospitals  
NHS Foundation Trust

## What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a specially designed treatment programme for people with breathing problems.

It is a combination of exercise and education specifically tailored to your level of ability.

It will help you become more in control of your breathing and become more active.

## What are the benefits of Pulmonary Rehabilitation?

**International research and our own classes in Doncaster have shown that Pulmonary Rehabilitation:**

- Reduces breathlessness
- Reduces admissions to hospital
- Reduces chest infections / flare ups
- Increases independence
- Improves mood
- Improves quality of life.

## Where can I access Pulmonary Rehabilitation?

**In Doncaster there are currently two venues where you can access Pulmonary Rehabilitation:**

- Doncaster Royal Infirmary
- Montagu Hospital.

## How long does it take?

Group based sessions take place once or twice a week for 6 weeks and each session lasts one hour.

If you are completing your rehabilitation at home, you will have one telephone session a week for approximately 4-6 weeks.



If you prefer a one off session this can also be discussed.

For housebound patients requiring a home visit you will have one session every 1-2 weeks.

## **What happens during Pulmonary Rehabilitation?**

Before you start Pulmonary Rehabilitation you will be invited to a one to one assessment with a Specialist Respiratory Therapist.

During this assessment we will ask you about your symptoms to gain a clear understanding of your complaint and assess your suitability for Pulmonary Rehabilitation.

We may ask you to perform an Incremental Shuttle Walk Test. Please note, this is not a treadmill test. It is a short walking exercise. The purpose of the Incremental Shuttle Walk Test is to ensure that we can provide a tailored treatment plan for you.

You will not be asked to perform any breathing tests or remove any clothing.

The Therapy team will then discuss with you the available treatment options to support you to self-manage your lung condition.

These include face to face, telephone or video calls and can be provided on a one to one or group basis dependant on availability.

You will take part in a range of exercises, some to make you stronger and others to help you breathe better. You only do as much as you are able to do.

These exercises will have been designed specifically for you by a therapist, taking into consideration other health issues and your previous level of activity.

We will support and supervise you throughout the sessions. You will also be provided with education to support you to self-manage your lung condition.

## **What happens after I've been to Pulmonary Rehabilitation?**

We want to help you to maintain the benefits of Pulmonary Rehabilitation and we will talk to you about how you can do this following your course of Therapy.

## **What if I am undecided and want to know more about Pulmonary Rehabilitation?**

**If you or a member of your family has internet access, please visit:**

<https://www.blf.org.uk/support-for-you/keep-active/pulmonary-rehabilitation> for videos and further information.

If you would like to discuss Pulmonary Rehabilitation further please contact the team on 01709 649190.

## **Patient Advice & Liaison Service (PALS)**

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

### **The contact details are:**

**Telephone:** 01302 642764 or 0800 028 8059

**Email:** [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)