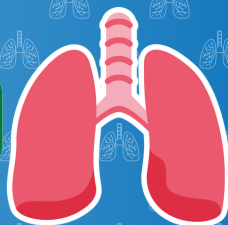


EARLY PULMONARY REHABILITATION AFTER HOSPITAL



Do you have a respiratory condition and worry about how you will cope at home?



Are you worried about how you will manage when you are discharged from hospital with a respiratory condition?



Is breathlessness preventing you from doing what you would normally do?



Is your respiratory condition causing you to feel anxious or low in mood?



You could be seen within a couple of days of your discharge from hospital by

HOPE SPECIALIST RESPIRATORY SERVICE

HOW WE CAN SUPPORT YOU...



HOME REHAB

Exercise within your own home



LEARN

Provide you with education regarding your condition and how to manage it



PULMONARY REHABILITATION

8 week programme, twice a week face to face, consisting of educational talks and a personalised exercise regime.



VIRTUAL REHAB

8 Week programme, twice a week via Zoom, consisting of educational talks and a personalised exercise regime

Our aim is to

- Reduce your anxiety
- Improve your breathing control
- Improve your stamina
- Improve your independence
- Increase your knowledge regarding your condition

If you are interested in accessing this service,
please inform your respiratory nurse, doctor, consultant
or therapist prior to discharge.

If you require any further information, please contact the
service on 01472 313400.

