

HOPE SPECIALIST SERVICE

Pulmonary Rehabilitation

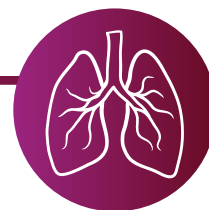


WHO ARE WE AND WHERE ARE WE BASED?



HOPE Specialist Service is based in The Val Waterhouse Centre on Kent Street in Grimsby. Pulmonary Rehabilitation takes place in our gym twice a week for 8 weeks. We also offer a 6-8 week course at Centre4. Each session runs for approximately 90 minutes, and you will be in a group with up to 16 people who also have a respiratory condition. You will have an individually tailored exercise programme to fit your needs. We also offer Pulmonary Rehab in other forms such as virtually, individually, and held at other venues.

WHAT IS PULMONARY REHAB AND WHAT DOES IT INVOLVE?



Pulmonary = your lungs, Rehabilitation = improving health. Pulmonary Rehabilitation (PR) is for individuals living with long-term respiratory conditions where education and exercise are used as a means of maintaining and improving your conditions and managing your symptoms. PR is offered to people with long-term respiratory conditions that affect your everyday life. For example, COPD, pulmonary fibrosis or bronchiectasis. You will be assessed by a therapist prior to starting your Pulmonary Rehab, to ensure the exercise programme you are prescribed is tailored to your needs. You will be asked to carry out a walking assessment at your pre-assessment appointment, which will help to determine the type and level of exercises that will be prescribed to you. In your PR sessions you will carry out a series of exercises including endurance and strengthening work, where you will work at your own pace through your personalised programme.



HOW WILL IT HELP ME?



Pulmonary Rehabilitation can help to improve your physical and mental health. It can help you better manage your breathlessness and other symptoms, improve your fitness through exercise and education, maintain or regain your independence, increase your confidence and reduce feelings of anxiety or depression, meet other individuals with similar conditions and feel less isolated, reduce your risk of hospital admissions, and improve your overall quality of life. Pulmonary Rehab is an effective way to learn different ways and to build confidence to exercise safely at the right level for you.

WHY HAVE I BEEN REFERRED?



Everyone who is eligible, should be referred through to Pulmonary Rehabilitation if they are in need of it. Individuals are usually referred by a GP or respiratory nurse or team. You can also be referred through to our service following an exacerbation and hospital admission, through our Early Rehabilitation service. You can also request this referral if you are admitted to hospital following an exacerbation of your condition and you fit the referral criteria.

HOPE SPECIALIST SERVICE Pulmonary Rehabilitation



EDUCATION



Alongside your exercises, we will also provide education to help you better understand your respiratory condition and ways to manage your symptoms. You will be taught breathing control to help you manage your breathlessness in everyday activities. The education provided includes topics such as; breathing control, lung anatomy & managing your exacerbations, chest clearance, diet & exercise, relaxation & sleep, medications and other areas. There will always be a member of staff on hand to answer any questions you may have. PROMOTE is for newly diagnosed or highly functioning (MRC 1- 2) patients with COPD or confirmed respiratory condition. The aim is to prevent disease and symptom progression and ensure patients remain as active and independent as possible in managing their lung condition.

SOME FEEDBACK FROM OUR PATIENTS



This service is a real gem in the community and should continue giving help to those who need it. It is 5 stars.

Excellent programme. Well planned for individual needs... An enjoyable experience overall.

It's an amazing 8 weeks! The difference is amazing, family and friends have noticed a far more positive me.

Everyone was really kind and nice; I have enjoyed it very much. I feel comfortable here like I have been here for years. People are so welcoming.

WHAT SHOULD I WEAR/BRING WITH ME?



You should wear loose, comfortable clothing that does not restrict your movement and ability to exercise. Flat, comfortable shoes such as trainers are recommended within our gym environment. You must bring any prescribed treatments such as oxygen cylinders or concentrators, your reliever inhaler and spacer device if you use this, or other medications such as a GTN spray, if prescribed. If you use a walking aid day-to-day, it is recommended that you continue to use it when attending your exercise sessions with us. You are welcome to bring a drinks bottle with you, although water is also provided on site.

CONTACT US:



If you have any further questions or need any support regarding Pulmonary Rehab or your referral, please contact us below to speak to one of our healthcare professionals on the Pulmonary Rehabilitation team.

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Created by Kayla Frieslaar, November 2024

