Other people said…

“It helped my breathing and overall fitness level.”
“I found it very helpful and the people who were running it were very friendly and encouraging.”
“Very helpful to motivate and to give more confidence.”

Useful Information

British Lung Foundation website
www.blf.org.uk

Customer Care Team
If you have a query about our health services, or would like to comment, compliment or complain about Kent Community Health NHS Foundation Trust, you can contact the Customer Care Team.

Phone: 0300 123 1807
8am to 5pm Monday to Friday. Please ask if you would like the team to call you back

Text: 07899 903499

Email: kcht.cct@nhs.net

Address: Customer Care Team,
Kent Community Health NHS Foundation Trust,
Unit J, Concept Court, Shearway Business
Park, Folkestone, Kent CT19 4RJ.

Web: www.kentcht.nhs.uk

If you need communication support, an interpreter or this information in another language, audio, Braille, Easy Read or large print, please ask a member of staff. You will be asked for your agreement to treatment and, if necessary, your permission to share your personal information.

A guide to pulmonary rehabilitation

Patient leaflet
What is pulmonary rehabilitation?

Pulmonary rehabilitation is a supervised, personal eight-week programme of exercise and education. It is aimed at people with long-term lung conditions.

What are the benefits?

- Improves the amount of activity you can do.
- Reduces your breathlessness when doing day-to-day activities, such as walking up stairs.
- Improves your quality of life.
- Improves independence in managing your condition.
- Opportunity to meet people with similar conditions and share experiences.
- Increases your confidence to exercise safely.

What happens after I’ve been referred?

Once your referral has been received and accepted, you will be invited to attend an introduction to pulmonary rehabilitation session when a place becomes available. You will learn more about the class and meet some members of the team. You will then be invited to a one-to-one assessment with a physiotherapist who will discuss the next steps with you.

What do I need to bring to the class?

- Clothes you feel comfortable to exercise in, including trainers or shoes with flat soles.
- Reliever inhaler and spacer device, if used.
- Other medications if needed, such as glyceryl trinitrate (GTN) spray or insulin.
- Any walking aid, if required.
- A full ambulatory oxygen cylinder, if used.
- A drinks bottle.
- Reading glasses, if required.

What happens during the class?

The class is led by a specialist respiratory physiotherapist with input from other healthcare professionals. Each class will include a warm up, exercises and a cool down. Everyone exercises at a different level depending on their ability. You will get out of breath when you exercise, but this is part of your rehabilitation. You will be monitored carefully and never be asked to do more than you can safely manage.

The session will also include an educational discussion or talk on a topic relevant to your condition. You will be part of group, this is normally eight to 16 people.