

## What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation (PR) is a treatment for long-term lung conditions.

**Scan the QR Code**

For a short video on PR



\*PR can help with breathlessness, when completing daily activities or work.

\*PR can reduce symptoms of respiratory disease.

\*PR can also improve mood, mental wellbeing, confidence and independence.

\*PR is suitable for people who are limited by breathlessness

\*PR can help to better understand the effects of lung disease and how to self-manage.

## How to Get referred?



Your GP, Practice Nurse, Therapist or Pharmacist can refer you to PR. Please speak to them at your next appointment/review.

## What Happens During Pulmonary Rehabilitation?

PR is a 6-week programme, where you attend 2 sessions per week (12-sessions in total).

These sessions are delivered by Clinicians/Exercise professionals.

We deliver sessions at Willen Pavilions

**Address:**

28 Portland Drive

Willen,

Milton Keynes

MK15 9JP

**Days:** Tuesday and Thursday

**Time:** 10:00-12:00 or 11:00-13:00

You will be given a personalised exercise plan, taught breathing exercises, breathlessness management, pacing, relaxation and much more. Learn top tips on how to best manage your respiratory condition and the opportunity to ask the specialist team any questions about your condition.

## What Happens Once You Are Referred?



■ Telephone Consultation: We get to know you and how your respiratory condition affects you, completing a health screening.

■ Clinic (Face to Face) Meet the team:

1) Complete observations (Blood pressure, oxygen levels and heart rate)

2) Walking Test, to assess how your breathing is affected by your lung condition.

3) Questionnaires on how your breathing affects you.

4) We will assess your strength ability.

\*We also discuss other limitations, any pain for example.

\*Enrol on to the programme.

\*At the end of the course, we complete a post assessment to review improvements you have made from attending the course.

## Patient feedback

"Helped with my breathing. It taught me how to breath better."

"I do not feel as alone anymore."

"It is a wonderful course and comprehensive. The follow-on options are good as well".

"The attitude of the staff was very motivating the presentation that staff gave were incredibly useful".

## For More Information

Contact Pulmonary Rehab Team

Monday to Friday

08:00-16:00

Tel: **07784239500 (voicemail available)**



For more information, please visit the Asthma and Lung UK Website by following the link

<https://www.asthmaandlung.org.uk/living-with/keeping-active/pulmonary-rehabilitation>