

Patient feedback

"It taught me not to panic when I get breathless but to try and work through it."

"I can now exercise, when I thought it was beyond me."

"I enjoy life a lot better."

Contact us

If you have any questions please contact:

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Courses are run at venues across
Oxfordshire.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the falls team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ તમને આ માહિતી બીજા ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本, 请与我们联系

ନେବ ବ୍ରହ୍ମାଣ୍ଡ ଚିତ୍ତ ନାଟକାଦି ଭିନ୍ନ ଭିନ୍ନ ଗ୍ରନ୍ଥ ନା ଯେକି କିଛି ଗ୍ରନ୍ଥୀ ଚିତ୍ତ ଚାହୁଁବା ବର ଦେ ମାତ୍ର ପୁଣି

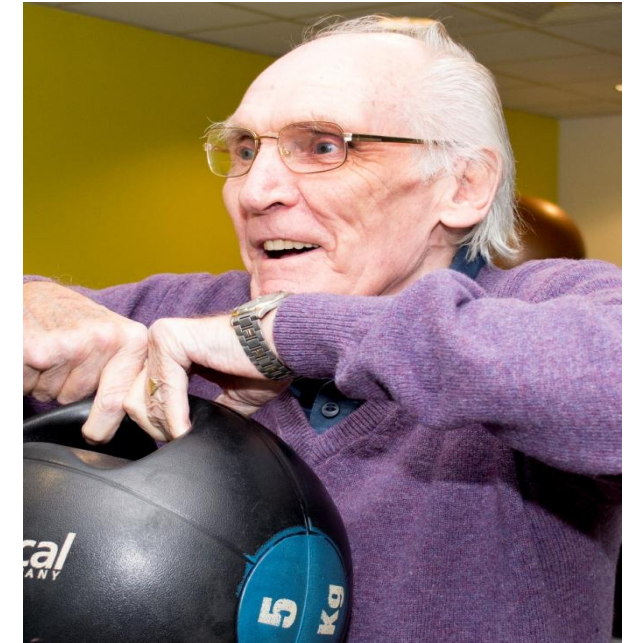
اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں:-

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Trust Headquarters
Warneford Hospital
Warneford Lane
Headington
Oxford OX3 7JX

Switchboard: 01865 901 000

Email: enquiries@oxfordhealth.nhs.uk

Website: www.oxfordhealth.nhs.uk



Respiratory services

Pulmonary
Rehabilitation
Programme

What is pulmonary rehabilitation?

When you develop a lung condition most people find that it can get more difficult to do the normal day-to-day activities without getting breathless.

Getting out of breath can be very frightening and make you quite anxious which makes your breathlessness worse. You may find that you start to avoid doing activities which make you breathless and over time this can cause you to become less fit, more tired and more breathless. Pulmonary rehabilitation can help to break this vicious cycle.

The main aim of pulmonary rehabilitation is to help you cope with your breathlessness, helping you to feel fitter and stronger.

How can pulmonary rehabilitation help me?

- increase exercise capacity
- strengthen muscles
- help manage breathing better
- educate about lung conditions
- reduce risk of flare-ups
- increase confidence
- help to maintain a healthy weight

What will I have to do?

You will be invited to attend an initial assessment where you will get to meet the team. We will find out about you, your lung condition and how it affects you. We will ask you to complete some questionnaires (we can help you with these if you would like) and then ask you to do a simple walking test so that we can see what you can manage. This will enable us to set the right exercises for you when you start the course.

You are very welcome to bring a family member or friend with you to your appointment.

What happens next?

You will then be asked to attend twice a week for six weeks, for two hours at a time. In each group we aim to have ten to twelve people who all have lung conditions and suffer from similar symptoms.

During each session participants will do about 45 minutes of supervised exercise, have light refreshments and then attend an education session. The education topics range from talking about ways to control your breathing, how to manage a flare-up of your lung condition and a visit from the dietitian.

We aim to create a very informal and relaxed environment for you to exercise and learn together.

At the end of the course we hope that you will continue to regularly exercise to maintain the benefits you have gained.