

Contact Details

Please speak to your GP or Practice Nurse about being referred for Pulmonary Rehabilitation (PR).

PR is run by the Worcestershire COPD Team.

COPD Team

Address:

3 Kings Court
Worcestershire Royal Hospital
Charles Hasting Way
Worcester
WR5 1DD

Phone: 01905 760023

Email: wah-tr.COPDTeam@nhs.net

Useful Information

British Lung Foundation: www.blf.org.uk

Feedback

Feedback helps us highlight good practice and where we need to improve. There are lots of ways you can give feedback including completing a Friends and Family Test card or undertaking a survey. For further information please speak to a member of staff, see our Patient Experience leaflet or visit www.worcsacute.nhs.uk/contact-us

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times: The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.

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Version 1



PATIENT INFORMATION

A Guide to Pulmonary Rehabilitation

Worcestershire COPD Team



www.worcsacute.nhs.uk



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What is Pulmonary Rehabilitation?

Pulmonary rehabilitation (PR) is a supervised programme of exercise and education, designed for the treatment of people with a long-term lung condition who are troubled by breathlessness.

If you have any of the following conditions you may benefit from PR:

- Chronic Obstructive Pulmonary Disease (COPD)
- Interstitial Lung Disease (ILD)
- Bronchiectasis
- Chronic Stable Asthma
- Lung Cancer pre/post surgery

What are the benefits?

Research shows that Pulmonary Rehabilitation (PR) can help to improve your fitness and knowledge of your lung condition. PR can:

- Help you manage your breathlessness
- Improve your quality of life
- Increase your activity levels
- Build muscle strength
- Improve confidence in managing your condition and reduce infections
- Improve your mental wellbeing – reducing anxiety and depression
- Reduce your risk of going into hospital
- Improve energy levels
- Strengthen bones and improve joint flexibility



Local Courses

Our PR programmes require you to commit to two sessions per week over 8 weeks (16 sessions in total).

Each session is overseen by a Specialist Physiotherapist or Nurse alongside a qualified Exercise Technician with support from a Cognitive Behavioural Psychotherapist. They are group sessions with approx. 12-16 participants all with a long-term lung condition.

Each session consists of:

- Exercise- tailored to suit your individual needs
- Education- to improve your knowledge and management of your condition

It provides a friendly and supportive environment in which to exercise and learn.

Pulmonary Rehabilitation is offered virtually (online) and face to face (covid restrictions dependant) in venues throughout Worcestershire at:

- Kidderminster
- Worcester
- Redditch
- Malvern
- Evesham

How do I get involved?

You can be referred by your GP, Practice Nurse, Respiratory Nurse or Respiratory Consultant.

You must be registered with a Worcestershire GP and be able to travel to the closest venue to you.

What happens next?

Once you have been referred you will be invited to:

- **“Prehab”** an information session where you will meet members of the team and be given the information you need regarding the programme. You can then book an assessment if you decide it's right for you.
- **1:1 assessment** with a Specialist Nurse or Physiotherapist.
- **Walking assessment** to assess current fitness levels.
- Aim to **start programme** within 90 days of receipt of referral.