

Hospital staff can refer to pulmonary rehabilitation using the Whittington Hospital intranet form at:
Services A – Z Respiratory / Chest Medicine or via Anglia Ice

GP's can refer to pulmonary rehabilitation as follows:

Islington:

ARTI, NHS Islington
Ground Floor, 338 – 346 Goswell Rd
London, EC1V 7LQ
Fax: 0844 774 6419
Phone: 020 3316 111

Haringey:

Community Respiratory Service
Hornsey Central Health Centre
151, Park Rd.,
London, N8 8JD
Fax: 020 3300 7528
Phone: 020 3074 2306

Whittington Health
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070

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Pulmonary rehabilitation

A patient's guide



.... caring for you 

Pulmonary Rehabilitation is a programme of gentle exercise and education about your lung condition. You can discuss with your GP or the Hospital team whether a referral to pulmonary rehabilitation would be appropriate for you.

The benefits of pulmonary rehabilitation are:

- Improved fitness
- A better understanding of your lung condition
- Improved confidence in your ability to manage your symptoms

The programme is for two hours, twice a week, over eight weeks. The first part is activity, tailored to your needs and the second part is discussion about many aspects of your condition. Pulmonary rehabilitation has been extensively researched, and it works.

The discussion sessions consist of half to one hour of informal discussion on such topics such as:

- COPD what does it mean?
- Management of breathlessness
- Breathing exercises
- Identifying chest infections
- Understanding your drugs and inhalers
- Advice on oxygen therapy
- Energy conservation
- The importance of keeping exercising
- Benefit availability
- Relaxation
- Anxiety and depression
- The importance of diet

The remaining time you will spend with a physiotherapist who will help you to exercise in a safe environment and give you lots of reassurance and help.

Before starting the programme you will need to be assessed. This will include filling in some questionnaires and doing a short walking test. This assessment is repeated at the end of the programme to see how you have progressed.

Pulmonary Rehabilitation is about helping you to achieve the most out of your life.

Patients experience different results and say things such as:

- I can breath easier.
- I can climb stairs now.
- I feel less anxious and panicked.
- I have learnt something.

