



University Hospitals Birmingham
NHS Foundation Trust



Pulmonary Rehabilitation

Building healthier lives

UHB is a no smoking Trust

You have recently been referred to our Pulmonary Rehabilitation programme. Pulmonary Rehabilitation is a six week course for people with a lung condition who suffer with breathlessness. This is made up of two sessions each week, involving exercises specific to you and education to make you feel happier managing your symptoms.



Benefits of Pulmonary Rehabilitation

Pulmonary Rehabilitation can lower chest infections and the risk of having to be admitted to hospital because of a chest infection. It also supports your ability to complete everyday activities with less breathlessness.



The exercises are tailored to each person; whether you are active already or struggle after a few steps because of your breathlessness. Our trained therapists work with you to make sure you can complete these exercises and help your lung condition; making changes that are right for you.

Is transport available for the class?

Hospital transport is available for our patients. To find out if you are eligible and to book a trip, you can contact West Midlands Ambulance service on **0121 307 9118**.

What our patients have said

"Excellent, I felt a difference in my energy, breathing and general well-being".

"I feel much better in myself since attending rehabilitation...it was a very worthwhile exercise".

"I've been overwhelmed at the progress I have made".

"Feel I can control my breathing when struggling with the techniques shown in the classes".



Frequently asked questions

- “I’m worried I won’t be able to complete the full course if I become unwell”

We understand there may be times when you are unable to attend. Patients are encouraged to attend as many sessions as possible even if you are only able to complete part of the exercises.

- “I’m worried I won’t be able to cope if I have to talk about my lung condition”

You are under no pressure to talk about your lung condition if it makes you feel uncomfortable. Pulmonary Rehabilitation sessions include 30 minutes of education, with lots of opportunities to learn more about your lung condition and to ask any questions you may have.

- “Will I be able to afford car parking?”

We are able to offer parking tickets at a discounted rate of £10 in total for your course of Pulmonary Rehabilitation. Classes are also available outside of the hospital setting where parking is often free.



Want to see more?

Scan the code to watch a short video about Pulmonary Rehabilitation.



What happens next?

If you would like to attend Pulmonary Rehabilitation you do not need to do anything further. You will be added to the waiting list for the classes. Waiting times vary depending on location and in some places can be up to one year.

If you are happy and able to travel further we may be able to offer a class at a different location that has a shorter wait. Please call us on **0121 424 9498** to find out more about this.

You may be invited to an introductory session at one of our local hospitals. This is an opportunity to meet the Pulmonary Rehabilitation team as well as find out further details about the classes and how they can help you manage your lung condition before you are enrolled.

You will not be required to complete any exercise at this session and we encourage family members to attend with you. If you are unable to join the introductory session you are still welcome to join the rest of the classes.

If you **do not** want to attend Pulmonary Rehabilitation and would like to be discharged, please contact us on the details below:

Telephone: **0121 424 9498**.

Email: **uhb.pulmonaryrehab@uhb.nhs.uk**

Please tell us your name, date of birth and hospital number when calling or emailing.

If you are unsure about attending Pulmonary Rehabilitation and would like some more information before deciding, please call us on **0121 424 9498**.

Many thanks for your time and we look forward to seeing you soon.
The UHB Pulmonary Rehabilitation Team

Emotional support, therapy and counselling services

We are Living Well Consortium; working in partnership with the Pulmonary Rehabilitation Service to support you through your journey towards managing your condition and symptoms better.

We have a specialist service for anyone with a long-term physical health condition, especially if your health condition is causing anxiety, stress, depression, or low mood, and this is affecting how you cope. We can support you to find useful self-help techniques to improve your motivation.

If you prefer, we also have support groups for anxiety, depression, chronic pain etc. Every so often sharing our burdens helps us identify our wellbeing needs.

Anyone can refer themselves; you know your mind and know when you do not feel ready to engage. We are here to help you find the motivation to start your journey to better wellbeing. We can support you from the start, the middle, or the end of your Pulmonary Rehabilitation journey.

Our therapists can deliver online , face to face, telephone, or while walking out in green spaces.

Our therapists report that clients with breathing difficulties present with high levels of stress and/or anxiety with regards to exercise and walking far.

On your journey, you can expect support with:

- Pacing for breathlessness, start off doing tasks for a short time then slowly try doing them for a longer period – you can increase or reduce what you do depending on how you feel after each task, and you should also consider how you feel the next day
- Symptoms will be monitored and compared with an Acute Exacerbation of your condition to identify any changes
- Graded Exposure is an evidence-based treatment used to tackle avoidance of feared situations, activities, or objects due to anxiety
- Health beliefs around your lung condition will be explored further
- Diaphragmatic breathing and mindfulness exercises, breathing can support intention in at least two meanings: as a pre-meditation ritual, to support motivation; and as a pre-meditation exercise, to aid stable attention

We are here to help you

Thank you for taking time to consider your thoughts and wellbeing.

Telephone: **0121 663 1217**

Website: **www.livingwellconsortium.com**

Address:

Living Well Consortium

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If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email **interpreting.service@uhb.nhs.uk**.

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