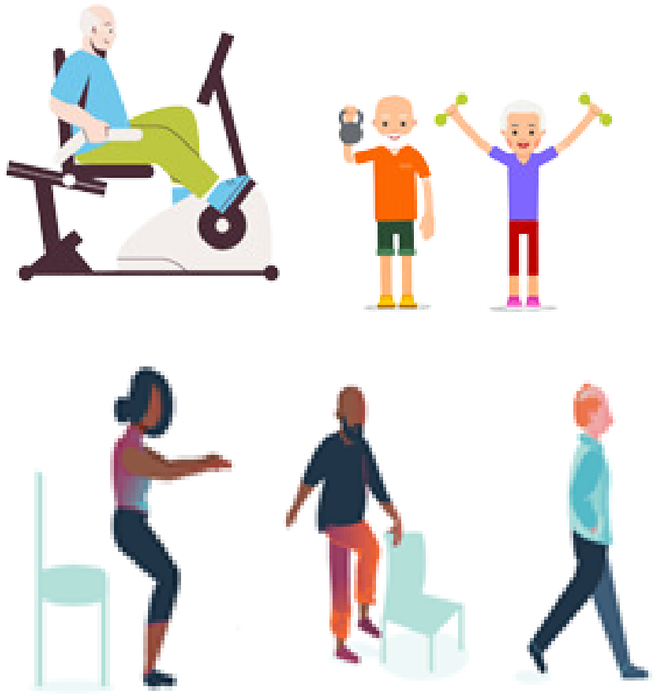
BENEFITS

The specialist team are here to support you with living with your lung condition.

Evidence shows that pulmonary rehabilitation can improve an individual's ability to exercise, reduce symptoms of breathlessness and fatigue, and promote positive long-term benefits to both physical and mental health.



HOW CAN I START?

If you feel pulmonary rehab is for you, you can contact the team by:

- Seek a referral by your health professional e.g.
  - GP
  - Nurse practitioner
  - Respiratory Consultant.
  - AHPs e.g. Physio, Dietitians, Occupational Therapist and Speech and Language Therapist

Please attend your first appointment on:

.....

at:

.....

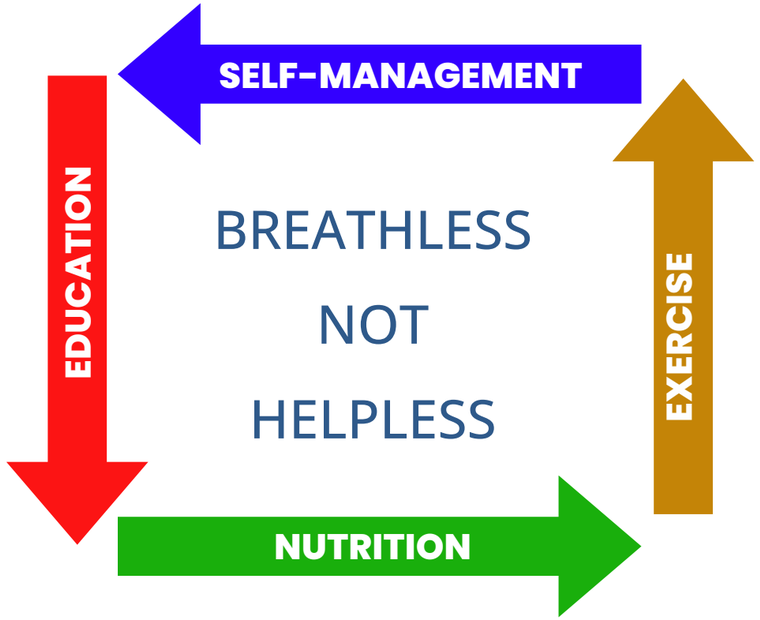
Please wear appropriate footwear, glasses if required and bring bottled water.

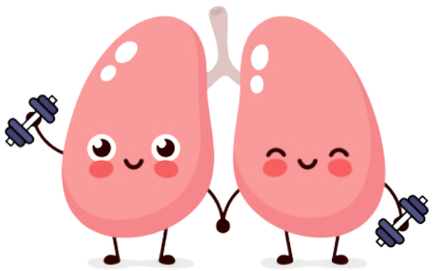
If unable to attend your first appointment, please contact: 01443 715334

Scan the QR code for more information or visit the website via the link below

https://ctmuhb.nhs.wales/services/pulmonary-rehabilitation

PULMONARY REHABILITATION





Helping you live with your lung condition

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WHAT IS PULMONARY REHAB?

Pulmonary rehabilitation is designed to help people living with a lung condition, who experience breathlessness during their daily activities.

It is run by a team of healthcare professionals including a Physiotherapist, Occupational Therapist, Dietitian, and Respiratory Nurse.

The programme includes:

- Information on how to look after your body and lungs
- Advice and education on how to manage your symptoms
- Techniques to manage breathlessness
- Exercise classes.

WHO IS PULMONARY REHAB FOR?

People with a diagnosis of:

- COPD
- Bronchiectasis
- Interstitial Lung Disease

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THE PROGRAMME

- 1 session weekly for 8 weeks (a session in class and supported home exercise programme)
- 1.5 hours each session
  - 30 mins of education and 1 hour of exercise
- At a venue near you

If suitable, you will be invited for a 1:1 assessment and then the Pulmonary Rehab Programme.

BEFORE YOU START

You'll be contacted by a member of the team, during which you will have the opportunity to discuss your lung condition, and how it affects your daily life.

THE TEAM

- **Physiotherapy**
  - Helps to manage breathlessness, improve exercise capacity and muscle strength
  - Educate on lung conditions, symptoms control and improve your quality of life
  - Improves general health
- **Occupational Therapy**
  - Helps to improve your activities of daily living e.g., personal care, meal preparation, etc.
  - Manages anxiety and panic attacks as a result of respiratory conditions
- **Dietitian**
  - Support with achieving a healthy balanced diet for your lung condition
  - Provide information on how to fuel your body to exercise
  - Supports you with eating well, preventing unintentional weight loss and maintaining strength
- **Respiratory Nurse**
  - Assess and advise proper inhaler techniques
  - Education on what to do when you are unwell
- **Exercise Practitioner**
  - To support with exercise component of classes