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**East and Midlothian Pulmonary Rehabilitation Programme**

**Are you breathless?**

**Do you suffer from a chronic lung condition?**

The 10 week **Pulmonary Rehabilitation Programme** aims to increase general fitness and your ability to self-manage your condition.

**What is Pulmonary Rehabilitation?**

Pulmonary rehabilitation improves your level of fitness and quality of life and can help you learn to cope and live with your condition. Pulmonary rehabilitation is a programme of exercise and education for people with:

* **Chronic Obstructive Pulmonary Disease (COPD)**: a long term respiratory (chest) condition where narrowing of the airways makes it harder to breathe
* **Bronchiectasis**: a long term condition where the airways are widened and cannot properly clear themselves of mucous
* **Idiopathic Pulmonary Fibrosis (IPF):** a progressive lung condition where scarring causes a decline in lung function.

**What are the benefits of the programme?**

The main aims and benefits of the programme are to teach you ways to manage your breathlessness and to improve your confidence to be more active, which improves your quality of life. These benefits will last if you continue to do these activities after the programme finishes. Help is offered in setting longer-term goals.

**How will I get to the exercise classes?**

You will need to make your own way to class. The Royal Voluntary Service (RVS) runs a car scheme payable by mileage if you don’t drive or use the bus.

**How will I know how much I can do?**

The initial assessment with the physiotherapist shows how much exercise is appropriate for you in the class.

The assessment includes a walking test where you will be asked to walk for a few minutes and your oxygen levels will be measured with a small device placed on your thumb or ear.

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**Who runs the programme?**

The programme is run by Physiotherapists, Occupational Therapists and support staff.

**What will I actually be doing?**

Exercise is individually ‘prescribed’ for you and involves walking, exercise bike, hand weights and other strengthening work. The team will closely monitor you to ensure your safety and you will not be asked to do anything you will not cope with. The education session each week is an informal group discussion led by a member of the team about how to keep well and stop things from getting worse.

**Who will refer me?**

Your GP or Practice Nurse can refer you. You have to be able to exercise independently with minimal help, within a group setting. The programme is suitable if you have noticed that your breathlessness is now affecting your daily life and activity levels. The programme is not suitable if you cannot walk or have unstable heart problems.

**Where do the exercise programmes take place?**

The exercise and education sessions take place at the following venues once a week and last 90 minutes.

* **Haddington**: East Lothian Community Hospital, Mondays
* **Tranent**: The Fraser Centre, Tuesdays
* **Dalkeith**: Midlothian Community Hospital, Wednesday and Friday.

**What patients have said about the course: ....** they said they felt more able to cope with their breathing problems and that they had seen a big difference in their walking since coming to the classes. Many had found the programme very beneficial. They talked about feeling fitter, breathing easier and being given the boost they needed.

**If you are interested in taking part, please contact the Pulmonary Rehabilitation Team on 07500 7565 919.**

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