

HOPE SPECIALIST RESPIRATORY SERVICE PULMONARY REHABILITATION PROGRAMME

(This leaflet is for patients newly discharged from hospital only)

WHO WE ARE

The award-winning Hope Specialist Respiratory Service is based at the Val Waterhouse Centre in Grimsby. We are a multi-disciplinary team of Physiotherapists, Occupational Therapists, Physiotherapy Instructors and Assistants and Volunteer Expert Patients. We provide assessment, treatment and rehabilitation for people with chronic respiratory diseases.

WHAT IS PULMONARY REHABILITATION?

Pulmonary Rehabilitation is the treatment of choice for people with Chronic Obstructive Pulmonary Disease (in conjunction with stopping smoking). It has been proven to help people control their breathing. The new British Thoracic Society guidelines (2015) state that Pulmonary Rehabilitation should be commenced within one month of an exacerbation (chest infection), that has resulted in a hospital admission.

WHAT HAPPENS NEXT?

The Hope Pulmonary Rehabilitation programme is a gold standard Department of Health service and we are recognised as a centre of excellence in Pulmonary Rehabilitation.

Within a couple of days of your discharge from hospital, we will see you at home to start your rehabilitation. We will work with you, tailoring our intervention to your specific needs. We will work with you in your own home and then you will be offered a place on a once or twice-weekly six or eight week Pulmonary Rehabilitation programme. Depending on what is most appropriate for you as an individual, you may be offered either a gym-based programme or our Remote Rehab programme, which is delivered to you in your own home via Zoom (if you do not currently have broadband and/or a tablet device or laptop/computer, we can help with this).

We will assess you prior to commencing the programme and then again afterwards. As part of the assessment, we will assess what you can do. Don't worry - you won't be asked to do anything you don't feel capable of doing. You will then be assessed again at the end of the programme. On average, our patients achieve a 200% improvement in just eight weeks.

MORE ABOUT PULMONARY REHABILITATION

Pulmonary Rehabilitation is designed specifically for people like you who have breathing problems like COPD and have problems controlling their breathing. You may have noticed that you are doing less because of your condition and we know that the less you do, the less you will be able to do.

It is also true that when many people have had an exacerbation (chest infection), especially one which requires hospitalisation, often they don't completely get back to their previous level of activity. For many people, the decline in activity creeps up on them and this then increases the chance of exacerbation and admission to hospital. It is easy to get into a downward spiral of inactivity but, following Pulmonary Rehabilitation, we would expect you to not only get back to your previous level of activity, but to improve upon it.

The group programme is held over a six or eight-week period and consists of once or twice-weekly exercise and education sessions, each lasting for two hours. The programme is tailored to your needs

“It is just amazing how far you can come in 8 weeks. I did not think I would have come this far and in this short amount of time. My confidence has increased and so has my strength.”
Ann (Remote Rehab patient)

**“I feel that I am now in control of my breathing and have become more confident”
Josie (Pulmonary Rehab patient)**

and abilities, so no matter how little you can do, we can design a programme to help. We will aim to set goals together, working on your breathing control throughout. You will be monitored throughout the programme to ensure your safety.

The type of exercise you do will entirely depend on you and also whether you choose remote or gym-based rehab. We aim to modify everyday activities, so it may well entail something as simple as having a short walk. It may include exercises for your arms as well as your legs and we will aim to increase your strength and endurance gradually during the programme. The advice you are given should enable you to continue to exercise at home once the programme has finished.

You will be part of a small group of people, all of whom have similar problems to you, but our patient age range goes from mid-thirties to mid-nineties and no two people with a chronic lung disease are quite the same. It is therefore important to remember that you are all individuals with a variety of respiratory conditions and everyone gets short of breath or has a problem controlling their breathing from time to time.

An important part of the programme is the educational talks. These are on a wide range of subjects, including breathing control, chest clearance, medications, managing exacerbations, lung anatomy, relaxation and sleep, breathlessness and mood, energy conservation, healthy eating and future planning. Many of the talks are accompanied by booklets and online recordings, which you can refer back to at any time. The combination of education and exercise should give you the tools you need to understand and manage your condition yourself.



THE BUDDIES

Whether you join us in the gym or in a virtual room on Zoom, there's a good chance you will be greeted by one of our Pulmonary Rehab Buddies, who are not only expert patients but also only too happy to have a chat or make you a great cuppa (provided you're in the same room of course!)

Our Buddies are vital to the service because the majority of them are former patients who have a chronic lung condition like you. This means, for example, they may understand what you are thinking and feeling as a newly diagnosed patient because they have been through it themselves. They also

understand what it is like to live with a long-term breathing problem.

During pre-assessment and throughout the group sessions there will usually be Buddies on hand. Many of our patients report that they are able to talk to the Buddies about things they would not feel comfortable discussing with a health professional.

If you still have doubts about Hope and the benefits of Pulmonary Rehabilitation, one of our Buddies would be happy to speak to you and answer any questions you may have. They aren't paid to tell you that we offer a great service that will change your life. They're volunteers and if they sing Hope's praises, it's because the programme worked for them and they want to give something back by helping new patients like you. Many of them didn't think it would work at all until they tried it and it changed their lives and the lives of their family members.



TRANSPORT

The Hope Specialist Service has its own free patient transport service. If you do not have your own transport, we can bring you to the Val Waterhouse Centre for clinic appointments and Pulmonary Rehabilitation sessions, provided you have a valid North East Lincolnshire Council bus pass. If you are eligible, but do not currently have a bus pass, we can help you to get one.

*If you require more information, please call us on 01472 313400
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