

What happens when the course ends?

We will complete a reassessment at the end of the course with the same tests we do at the initial assessment to see the difference. We hope you will be feeling fitter and able to do more activity in your daily life.

Exercise should be continued once you complete the course, with the aim of 150 minutes of moderate intensity exercise a week, such as doing the exercises at home, walking regularly or joining an exercise group. We can signpost you to lots of activities available in Bromley borough.

If you complete regular exercise that you enjoy, and lead an active lifestyle you will continue to manage your lung condition well and feel better for it.

Patient feedback

“The programme is run by a friendly encouraging team. It is well organised and one learns so much about lung disease. It is fun and lovely to meet other participants. I’ve appreciated the opportunity of being in the class and believe others would to”

“Will give you the confidence to be able to push yourself out of your comfort zone and meet other people in similar positions to you so you don’t feel so isolated”

“Just do it. You will get something from it”

“I believe it can help anyone who has pulmonary issues”

**Bromley
Healthcare**
community first

The Respiratory service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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1b Knoll Rise
Orpington BR6 0JA

020 8315 8880

bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
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Registered office: Central Court, 1b Knoll Rise, Orpington BR6 0JA

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NHS



**Pulmonary
Rehabilitation**

Provided by Bromley Healthcare

What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a structured exercise and education programme that aims to improve your fitness levels and help you to feel less breathless. This will help to improve your quality of life.

Classes are run by Specialist Respiratory Physiotherapists, Nurses and Rehabilitation Assistants.

You will be offered 12 sessions in total, twice a week for 6 weeks. The course runs at Beckenham Beacon or Orpington Methodist Church. Exercises include cardiovascular work such as walking and step ups and strengthening work using weights. Our education component helps you to understand how to manage your lung condition better.

How can I access the service?

In most circumstances you will be referred by your GP, Practice Nurse or Respiratory Consultant. Once referred you will initially be assessed in one of the nurse led clinics to assess your suitability.

Do I have to attend the course?

Attending pulmonary rehabilitation is completely your choice. If you feel motivated to exercise and want to help your breathlessness it may be a great course for you. Many respiratory consultants will recommend patients complete the course.

Is Pulmonary Rehabilitation for me?

We want to make sure you are safe to exercise and at the assessment we will complete some questionnaires and exercise tests to find your baseline.

Inclusion criteria: confirmed respiratory diagnosis, breathlessness score (MRC) 2-5, committed to attending for 6 weeks.

MRC	Breathlessness score
1	Breathless with strenuous exercise only.
2	Short of breath hurrying on level ground or walking up a slight hill.
3	I walk slower than people my age on level ground, have to stop for breath walking at my own pace on level ground.
4	Stop for breath after walking about 100 yards or a few minutes on level ground.
5	Too breathless to leave home, or breathless when dressing / undressing.

Exclusion criteria: unstable cardiac disease, recent heart attack, unstable aneurysms, aortic stenosis, uncontrolled diabetes, unable to walk 10 meters, uncontrolled pain, high risk of falls, low body mass index, recent surgery, already attend a similar exercise class, cognitive impairment that would make you unsafe in the class.

What will I learn on the course?

The sessions are relaxed, friendly and informal. Topics include:

- How the lungs work / lung disease overview
- Inhalers and other medication
- Breathlessness
- Nutrition
- Chest clearance
- Self-management plans
- Exercise/physical activity
- IAPT (mental health and wellbeing)
- Relaxation
- Bristol COPD quiz



What would I need to bring?

- Your blue inhaler if you have one
- Glyceryl trinitrate (GTN) spray if you suffer from angina
- Ambulatory oxygen if prescribed
- Sensible shoes / loose fitting clothes
- Reading glasses if you need them
- Bottle of water