



Pulmonary Rehabilitation for the treatment of Chronic Lung Disease

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Specialist Physiotherapist**



Overall effects of lung disease:

- Lung damage
- Increased work of breathing
- Physical decline (deconditioning)
- Anxiety and depression
- Reduction in activity levels, social life and overall quality of life
- Increased dependency on healthcare resources



Aims and Objectives of PR:

- Improve management of breathlessness
- Increase muscle strength, stamina and fitness
- Reduce hospital admissions and length of stay
- Improve health related quality of life.
- Facilitate lifestyle changes
- Improve recovery after hospitalisation/flare-up



Components of PR:

- **2 sessions a week for 7 weeks**
- **Each session lasts for 2 hours**
- **1 hour functional, strengthening, stamina- building exercises**
- **1 hour education focussing on self-management**
- **Run at community venues for patient choice and convenience**
- **Led by Specialist Respiratory Physiotherapists and Specialist Respiratory Nurses**
- **Visiting external speakers**



PR at the L&D:

- Running since 1998
- Capacity for over 500 patients per year
- Venues in Dunstable, Leighton Buzzard and Inspire Sports Village
- Excellent links and support for on-going exercise
- Specific Interstitial Lung Disease Program offered
- Excellent patient feedback and satisfaction



Patient feedback

THESE PEOPLE HAVE TRANSFORMED
MY LIFE. MY BREATHING WAS TERRIBLE
NOW WITH THE HELP OF DR CHAPMAN
REFERING ME TO INSPIRE THE TEAM HAS
PUSHED ME HARD + BELIEVING IN MYSELF
TO WALK FASTER THAN EVER BEFORE
& RUN UPSTAIRS.

THANKS TEAM I LOVE YOU
ALL FOR YOUR HELP IN MAKING
ME DO THING'S I NEVER THOUGHT
I COULD DO. & FOR ALL THE
LAUGH'S WE HAVE HAD. X

I have been so impressed with this service.
It has been a fantastic opportunity.

All staff have been absolutely fantastic
in the way we have been encouraged,
treated with kindness and respect at all times
as well as learning so much.

~~Sincerest~~ Thanks to Dave, Helen, Ian, Monica
Gillian, Julia, Liz & anyone I've forgotten -

We have been so fortunate to have
accessed this course.

A huge THANK YOU!

Dear all,

The Pulmonary Rehab. Team
is fabulous.

Your help and contribution
is certainly making a difference
in the lifestyle of people
like us.

Cannot thank you enough!
May you all be blessed and
continue the hard work.



Thank you