



Location:

The service is delivered from four venues across Barnsley, Royston, Hoyland, Penistone and Thurnscoe

Contact:

Cardiac/Pulmonary Rehabilitation Service 01226 644575.

Pulmonary rehabilitation

Information for patients



If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

Pulmonary rehabilitation is a programme of exercise and education for people with Chronic Obstructive Pulmonary Disease (COPD) and other chronic lung conditions. It has been proven to improve exercise tolerance, functional ability and quality of life and can help to reduce hospital admissions and breathlessness levels.

Pulmonary rehabilitation during and following an exacerbation (flare up) can also help your recovery and reduce the likelihood of readmission to hospital.

Duration:

You would attend twice a week for six weeks.

Sessions include:

One hour in our gym twice per week, undertaking simple exercises designed to improve muscle strength and endurance.

One hour per week covering topics such as: 'What is COPD?'; medications; inhaler technique; self-management and chest clearance. This is designed to give you the skills to manage your chest condition and keep yourself as healthy and well as possible.

Service delivered by:

Programmes are run by NHS staff experienced in dealing with breathing problems and may include a nurse, physiotherapist and rehabilitation exercise instructors.

The programmes are aimed at COPD patients; however, patients with other conditions, such as pulmonary fibrosis or bronchiectasis, may also be considered. All patients will be seen by either a nurse or physiotherapist prior to attending for a gym assessment.

If you are interested in attending one of our programmes, please talk to a healthcare professional. Once you have been referred to us, a member of our team will contact you to arrange an assessment. Not all patients will be suitable to attend our programme; your suitability for the programme will form part of your assessment.

If you are due to attend for an assessment, please bring any inhalers or sprays with you as well as a copy of your medications list. Please wear loose, comfortable clothing.

