



**Trafford Local  
Care Organisation**

Leading local care, improving  
lives in Trafford with you

# Keep Active, Breathe Better

**Pulmonary Rehabilitation  
Information for Patients**

Powered by

**NHS**  
**Manchester University**  
NHS Foundation Trust



## About pulmonary rehabilitation

Pulmonary rehabilitation is a programme of exercise and education designed for people with chronic lung conditions.

If you experience shortness of breath on a regular basis, we can help you to improve your quality of life, stay well and feel more in control of your breathlessness.

Participants attend sessions twice a week for six weeks. Sessions will include education and exercises that are tailored to your own ability level, that you can do at your own pace in a safe environment.

You will learn about:

- Your chronic lung condition
- The benefits of exercise
- Breathing techniques
- Managing your medication
- Managing flare ups and set-backs
- Relaxation and mental wellbeing
- Pacing and energy conservation
- Community-based exercise groups.

## Common concerns

Many people worry that they are too poorly to exercise but everyone can go at their own pace and feel the benefits of pulmonary rehabilitation.

**I can't do exercise...**

To ensure your safety, we adhere to the infection control policies of our NHS trust. Where appropriate, this may include cleaning equipment, wearing PPE, social distancing, and asking people not to attend if they have symptoms of flu, COVID-19, diarrhoea or vomiting.

**I'm worried about picking up bugs and viruses...**

## Before you start

To ensure you are safe to do the exercises in the class, you will undergo a thorough assessment with a therapist. They will:

- Ask you about your a history of your chest problem/s, any relevant medical conditions
- Ask about any medications
- Measure your blood pressure, oxygen levels and heart rate
- Auscultate (listen to) your chest.

The therapist will ask you to perform a short walking exercise to determine your current exercise level. We will also assess how your breathing affects your day-to-day life and what you hope to achieve from pulmonary rehabilitation.

It is natural to feel a bit nervous before starting, but don't worry - the group is friendly, supportive and you can work at your own pace.





# Reach your goals

**Regular attendance is important to help you achieve your goals.** You will be able to set goals that are personal and important to you, that you can easily measure.

At the end of the programme you should:

- Be more independent
- Feel more in control of your breathing and less breathless during your daily activities
- Find it easier to carry out daily tasks
- Feel stronger with more stamina
- Feel motivated and confident to keep active.



## What people thought of the sessions



'I have enjoyed the course so much, my fitness has really improved, I am walking further without needing to stop as often and the exercises have helped me lose over a stone in weight.'

'The education sessions have helped me enormously, in particular the knowledge I have gained on breathing techniques.'



'I was doubtful I'd be able to do it because I have so many medical conditions but I have found that I feel better in myself. I am more active and I have seen the progression over the weeks I have been at the classes.'

## How to access the programme

Ask your GP, nurse or respiratory consultant to make a referral for you.

## Contacting us:

The Pulmonary Rehabilitation Team are based at the George Carnall Community Hub in Davyhulme.

You can contact us via:



0161 549 6750



@TraffordPRehab



mft.pulmonaryrehab@nhs.net

## Useful links

For more information, visit:

- **Our website**  
[traffordlco.org/services/adult- community-services/pulmonary-rehabilitation/](https://traffordlco.org/services/adult-community-services/pulmonary-rehabilitation/)
- **British Lung Foundation**  
[www.blf.org.uk](https://www.blf.org.uk)
- **Action for Pulmonary Fibrosis**  
[www.actionpf.org](https://www.actionpf.org)

## Compliments and complaints

The **Patient Advice and Liaison Service (PALS)** is a confidential service that provides help, advice and information for patients, families and carers. General information and advice about local NHS services are also available here.

We welcome all your feedback about the service. Contact PALS at:

- **Email:** [pals@mft.nhs.uk](mailto:pals@mft.nhs.uk)
- **Telephone:** 0161 276 8686

## Other languages

This leaflet can be produced in other languages on request. We can also provide the information in other formats including Braille, large print and audio CD. Please contact us if you require help.

**This service is provided by Trafford Local Care Organisation (TLCO). TLCO is the organisation that provides NHS community health care and social care in Trafford. It is a partnership organisation between the NHS and Trafford City Council.**

**Find out more about TLCO at [www.traffordlco.org](http://www.traffordlco.org)**