
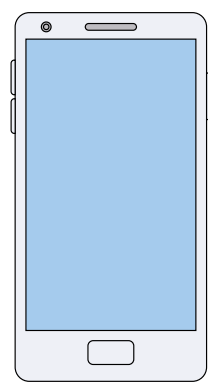
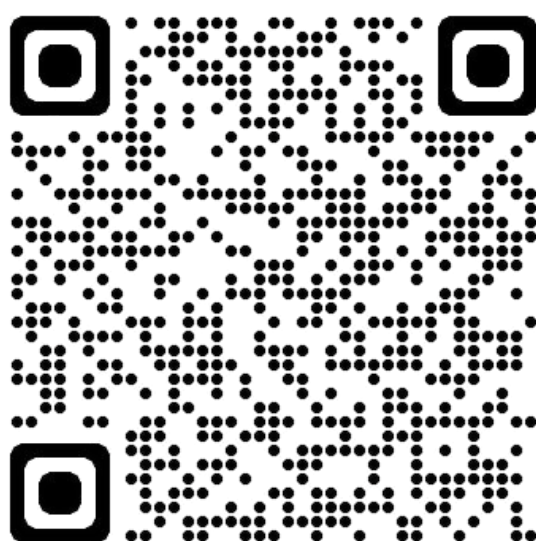


What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation (PR) is a treatment for long-term breathing and lung conditions. For a short video on PR  [Scan the QR Code](#)



- ✓ PR can help people with breathlessness in daily activities or work.
- ✓ PR can reduce symptoms of COPD.
- ✓ PR can improve mood, mental wellbeing, and confidence.
- ✓ PR is suitable for people with all levels of COPD.
- ✓ PR can help you to understand how to best care for your lungs.



Getting Referred



Your **GP, Practice Nurse, Therapist or Pharmacist** can refer you to PR. Please speak to them at your next appointment/review.

What Happens During Pulmonary Rehabilitation?

PR is a **6-week programme**, where you attend 2-sessions per week (12-sessions total). These sessions are delivered by Clinicians/Exercise Professionals.

We deliver sessions at the following venues:

Bitterne Health Centre,
Commercial St,
Bitterne Village,
Southampton
SO18 6BT.



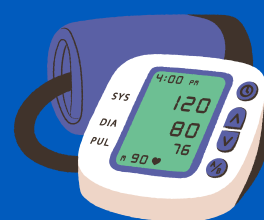
Online Sessions,
Completed at Home
(We can loan Tablets
for these classes).

Adelaide Health Centre,
William Macleod Way,
Southampton,
SO16 4HB.

Royal South Hants Hospital,
Brintons Terrace,
Southampton,
SO14 0YG.

Sessions run all through the week. Including individually prescribed physical activity, breathing exercises, relaxation and education. Learn top tips on how to best manage your COPD, and ask us questions about your condition.

What Happens Once You Are Referred?



A member of the Team will assess you over the telephone. We will then invite you to Clinic.

- We get to know you and how COPD affects you. We assess how you are managing your medications. We also discuss other limitations, like a bad back for example.
- At the appointment we will take some readings and do a walk to see how your breathing changes when you are moving.
- We can then book you onto your first PR class.

Patient Feedback

National
respiratory audit
programme
(NRAP)

I learned to control my breathing when I panic. My husband came to the sessions and now we know how to best look after myself. - Susan M.

Excellent, I was worried before attending. I had lost my confidence. I am much fitter after PR - and I can walk to get the paper everyday again. Very friendly staff. - Roger S.

I did the online PR class after being in hospital. It helped me get my strength back, and the staff adapted the exercises to help with my bad shoulder, I was amazed at what I could manage. - Sandra K.

For More Information


Contact the COPD Team
08:00-16:00 Monday-Friday
Tel: 0300 123 3794

Patient Liason Service (PALS)

For non-clinical advice and support please contact PALS.
Tel: 0800 013 2319 (1000-1600 Monday to Friday).
Email: pals@solent.nhs.uk

**Patient Advice
& Liaison Service**
PALS
We're here to help



This leaflet gives an overview of PR. For more information, please visit the Asthma and Lung UK Website by following the link or scanning the [QR Code](#). 

<https://www.asthmaandlung.org.uk/living-with/keeping-active/pulmonary-rehabilitation>

