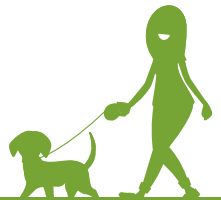




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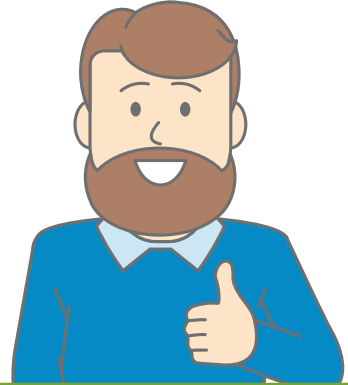
# Pulmonary Rehabilitation

Your guide to Pulmonary Rehabilitation



## What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation (PR) teaches exercises and breathing control. This will help you to feel more comfortable, more able to cope with breathlessness and help you to do more. The aim of the programme is to increase your independence and confidence.



## How will the PR programme help me?

Pulmonary Rehab makes managing daily activities easier, improves the control of your breathlessness, improves symptoms of depression and anxiety, and reduces your risk of going to hospital.

Pulmonary Rehabilitation teaches exercises and breathing control.

## Who runs the programme?

The programme is run by members of the Physiotherapy Team from the Community Adult Assessment and Rehabilitation Service, and assisted by Sport Aberdeen staff.

“The classes helped me to manage my breathing and understand it’s ok to be breathless at times.”

## What does it involve?

1:1 initial assessment with a Physiotherapist lasting approximately 30 mins, during which you will be asked some questions and be required to complete an exercise test. This assessment will be carried out at a local clinic or community centre. For this assessment, please have a list of your current medications and next of kin details to hand.

Following your initial assessment, you will attend a twice weekly face to face Pulmonary Rehab exercise class for six weeks, a total of 12 classes (each class lasting approximately one hour). Some of the classes will include education talks aimed at helping you manage different aspects of your lung condition.

Once you have completed the programme you will have a final 1:1 assessment with a Physiotherapist. This is to see your progress and the benefits you have gained since starting the course. It is important to continue being active once you have completed the programme and this will be discussed with your Physiotherapist during the final assessment regarding options around this.

## What should I wear?

- Loose, comfortable clothing.
- Flat, supportive shoes/trainers.



“I’m able to get back to work. It has been life-changing.”

Classes run twice a week for six weeks. Each class is approx an hour long.

There are a few options for classes available in Aberdeen City to support respiratory conditions. Here is a quick guide and information links that may best suit your needs. However, if you are unsure and would like to discuss which may be better for you, please call **(01224) 558396**.

## NHS Pulmonary Rehab Classes

If you feel your exercise tolerance and/or walking pace/distance, and ability to manage daily activities is significantly reduced due to your breathlessness, and would benefit from education to help manage your symptoms and general health you may be suitable for NHS Pulmonary Rehab classes.

We would advise that you contact the Pulmonary Rehab Team for classes at **(01224) 558396**.

## RGU Student Led Pulmonary Rehab Classes

If you feel you get breathless with walking up slight hills and have reduced general activity due to your breathlessness, and are keen to be educated on symptom management, you may be suitable for the RGU student led Pulmonary Rehab classes.

You can self-refer to Pulmonary Rehab classes supported by Physio Students at RGU at **exerciseclassSHS@rgu.ac.uk**

## Sport Aberdeen Classes

If you are managing your breathlessness symptoms relatively well but looking for a general exercise class to help improve your activity levels, you may be suitable for Sport Aberdeen classes.

Contact Sport Aberdeen – Active Lifestyles

**[www.sportaberdeen.co.uk/activities/active-lifestyles/breathing-conditions](http://www.sportaberdeen.co.uk/activities/active-lifestyles/breathing-conditions)**

**ActiveLifestyles@sportaberdeen.co.uk**

**(01224) 507701**

More information can be found at Aberdeen Lungs Website

**[www.aberdeenlungs.com](http://www.aberdeenlungs.com)**

## What do I need to be able to participate?

When you attend the classes, please ensure you take your inhaler with you, as well as a bottle of water, and any walking aids you require.

The expectation is that you will attend the classes twice weekly, but also try to exercise at home on a further one to two days per week, to optimise the outcomes you achieve from the programme. To carry out the exercises at home you will require the following:

- Supportive chair at a suitable height e.g. dining chair.
- Two tins of food e.g. beans, or dumbbells if you have them.
- Pole e.g. sweeping brush/mop/walking stick.
- Step (if available).
- Glass of water.
- Pen, glasses/hearing aids (if required).
- Home Exercise Diary and Breathlessness Scale (These are provided by the Pulmonary Rehab Team).
- Relief inhaler/angina spray (if prescribed).
- Well lit quiet place.

## What if I cannot attend or keep my appointment?

Please contact the Pulmonary Rehab Team on the number below if you are unable to attend or are unwell.

You may leave a message on the answering service.  
**(01224) 558396.**

If you decide the programme is not for you, please let us know. Please be assured that if you decide not to engage with the programme this would not affect your future medical treatment.



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Ask for publication MVC 230106

Version 1