For further information about this service contact:

Community Respiratory Services
Luton Treatment Centre
Vestry Close
Luton LU1 1AR

Tel: 0333 405 3159

Testimonials

I do feel it has given me strength that I didn't have before I started it. I feel fitter, healthier and better for it; my aches and pains have gone.

The programme strengthens your muscles, so you don't use much energy breathing, in that sense it worked really well.

It helped understand my condition better and how to deal with living with it.

What do our patients say about us?

"I have a much better understanding of my disease. I'm much less anxious when I am breathless."

"It has been great to meet other people with COPD, I don't feel so alone now."

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.

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Website: www.cambscommunityservices.nhs.uk

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Luton Children & Adults Community Health Services

NHS

Pulmonary Rehabilitation

Pulmonary Rehabilitation is a programme for people with chronic lung disease/breathing problems such as COPD (Chronic Obstructive Pulmonary Disease).

Cambridgeshire Community Services NHS Trust: delivering excellence in children and adults' community health services across Luton

Do you have a chronic lung condition?

Do you get breathless when walking or climbing a flight of stairs?

If the answer to the above questions is **YES**, then Pulmonary Rehabilitation may be just the thing you need!

Pulmonary Rehabilitation consists of exercise and education.

It has been proven to:

- Improve your breathlessness
- Improve your exercise tolerance
- Improve your general health
- Reduce frequency of chest infections
- Improve your understanding of your condition
- Improve your overall quality of life

Eligibility Criteria

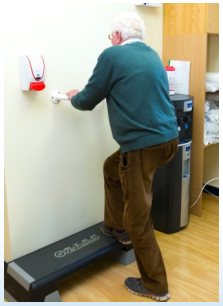
Anyone who has chronic (long term) breathing problems including:

- COPD (Emphysema, Chronic Bronchitis, Chronic Asthma)
- Pulmonary Fibrosis
- Bronchiectasis
- Asthma

What it involves

- It is a 7 week programme.
- You need to attend 2 sessions a week.
- Each session is 2 hours long:
  - ⇒ 1 hour exercise
  - ⇒ 1 hour education

The exercises are carefully designed for you as an individual.



Who runs the programme?

The Pulmonary Rehabilitation program is run by:

- Specialist Respiratory Physiotherapists
- Specialist Respiratory Nurse
- Other healthcare professionals such as Dieticians

Where it takes place

We run our course from the Luton Treatment Centre, Vestry Close (Tues & Thurs, 10am-1pm)

We can also access the course at the following venues:

- Inspire, Luton Sports Village (Mon & Thursday, 2pm-4pm)
- Peter Newton Pavilion, Dunstable Mon & Thursday, 10am-12pm)
- Stanbridge & Tilsworth Community Hall, Tilsworth, Leighton Buzzard (Tues & Fri, 2pm-4pm)

Who can refer you

Any healthcare professional can refer you e.g. GP, Practice Nurse, Community Matron, Respiratory Nurse, Consultant, or Physiotherapist. If you meet the criteria you may also self-refer to the Vestry Close course.

What happens next

Once we receive your referral, you will be given an assessment appointment.

At this appointment your suitability for Pulmonary Rehabilitation will be assessed and any further questions answered. You will then be given a date to start the program or referred to start at another venue if this is more suitable