

PULMONARY REHABILITATION SERVICE BOOKING INFORMATION

The Pulmonary Rehabilitation Programme is for patients with chronic lung conditions and focuses on the lung condition COPD (Chronic Obstructive Pulmonary Disease). The programme uses a combination of exercise and education to help improve the management of your lung condition.

Research shows that even people with severe lung disease can benefit from an exercise programme. In most people with COPD, it is often the fear of breathlessness that prevents you from exercising. This leads to a vicious circle of inactivity, muscle weakness and increased shortness of breath. Even small amounts of exercise will help to break this circle and therefore improve your quality of life enabling you to be more independent.

The aims of pulmonary rehabilitation

1. To improve your understanding of the disease, medication used to treat symptoms of the disease and other treatment techniques that can help you manage your disease
2. To teach you to manage your disease successfully using facilities local to you and reduce dependence on hospital facilities
3. To help you to work out ways to achieve or maintain the best possible quality of life

The pulmonary rehabilitation programme

The programme lasts for 10 weeks:

Week 1:

During this session an assessment of your chest condition and how it is affecting you on a daily basis will be carried out by the pulmonary rehabilitation team.

Weeks 2 – 9:

You will be required to attend a supervised exercise programme once a week. Your exercise programme will be based on what you are able to do at the start of the programme and will then be progressed on a weekly basis.

You will also be advised to exercise a little every day at home and a home exercise programme will be designed for you.

After each exercise session, there is an education session which is usually an informal talk by a variety of health care workers involved in chest care. The speakers include: dieticians, pharmacists, respiratory specialist nurses/community matrons, physiotherapists, exercise physiologists, a representative from the British Lung Foundation, smoking cessation and a session on environmental health.

These sessions are very informative and provide you with the opportunity to ask any questions you may have about your condition.

Week 10:

During this session you will be assessed again to review how you have responded to the programme. You will also be able to discuss how to maintain any benefits you have achieved from the programme on your own. Once this is completed you will then be discharged from the programme.

Time and venue of classes

There are different venues across Liverpool or different days of the week to choose from. The venues, days of the week and programme starting times are listed in the table below. You can choose to go to any one.

Please note that your assessment or reassessment appointment times will be different from the programme start times listed below.

Please ring the pulmonary rehabilitation booking team at the Liverpool Heart and Chest Hospital (LHCH) on 0151 600 1684 to book your first appointment (only once your GP has referred you)

Venue Address	Day of the Week	PR Class Time
The Breckfield and North Everton Sports Centre (The Breckfield Gym) Mere Lane Liverpool L5 4QT	Mondays	2 – 4 pm
Ellergreen Community & Early Years Centre Ellergreen Road Norris Green Liverpool L11 2RY	Tuesdays	2 – 4 pm
Oakvale Church Edge Lane Drive Broadgreen Liverpool L13 4AD	Wednesdays	2 – 4 pm
Ropewalks Health Centre 28 Argyle Street Liverpool L1 5DL	Thursdays	2 – 4 pm
Pulmonary Rehabilitation Physiotherapy Department The Liverpool Heart and Chest Hospital Thomas Drive Broadgreen Liverpool L14 3PE	Thursdays (For patients on oxygen or hospital ambulance patients)	1.30 – 3.30 pm
Bridge Chapel Centre Heath Road Allerton Liverpool L19 4XR	Friday	2 – 4 pm

Staff Members

Joy Gana-Inatimi	}	Clinical Lead (Chest Medicine and Pulmonary Rehabilitation)
Sajan Chacko		Senior Chest Physiotherapists
Laura Keir	}	Exercise Physiologists
Lynn Ramsbottom		
Rachelle Gorman		
Tony Burns		
Nathan Hilton	}	Technical Instructor
David Marteau		
Lyndsey Price		
Donna Williams	}	Support Worker/Therapy Assistant
Teresa Doyle		

Pulmonary Rehabilitation Team/Physiotherapy Department Number: 0151 600 1950