

Venues

Sessions will be held at the following venues and you can attend whichever is most convenient for you:

Robin Park Leisure Centre

Loire Drive
Wigan
WN5 0UL

Leigh Sports Village

Sale Way
Leigh
WN7 4JY

If you would like further information, please contact the team on:

0300 707 1170

Twitter: WWLPulmonaryRehab@WWL
CommResp.

www.wwl.nhs.uk/respiratory

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:



1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. Corp 006 How we use your information, this can be found on the Patient Information Leaflets page on the Trust website:
<https://www.wwl.nhs.uk/patient-information-leaflets> type Corp 006 under the heading **Information Leaflets**.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Wrightington, Wigan and
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NHS Foundation Trust

Pulmonary Rehabilitation Service

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.



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Aims of the programme

The aims of the programme are to:

- Provide supervised exercise for people with lung conditions, including Chronic Obstructive Pulmonary disease (COPD), Bronchiectasis and Pulmonary Fibrosis.
- Improve the quality of your life.
- Help you self-manage your condition.
- Improve your general fitness levels.

Content of the programme

Before commencing the programme you will have to complete an assessment and some questionnaires.

These will be repeated at the end of the programme.

The programme consists of 2 sessions over eight weeks and will last between 60 and 90 minutes.

It will be delivered by a multi-disciplinary team consisting of a Physiotherapist, Occupational Therapist and Specialised Nurses.

You will complete exercises at both weekly sessions, and there will be an advice and education session.

The exercises are aimed at people with breathing problems, and are individual to each person's abilities and fitness levels.

You will be encouraged to work at your own level: your progress over the eight weeks will be closely monitored.

You must also be prepared to do at least one exercise session at home, and complete the exercise record that you will be given.

Topics discussed

- How the lungs work.
- Managing your condition.

- How to clear your chest.
- Pacing.
- Anxiety management.
- Relaxation.
- Medications.
- Leading a healthy life.
- Benefits of exercise.

What should you bring to the sessions?

- Inhalers
- Angina spray (if you have one)
- Mobile oxygen cylinder (if you use one).
- Reading glasses (if necessary).
- A bottle of water
- Pen.

Please wear comfortable shoes and loose clothing to allow movement.