

Pulmonary Rehabilitation Service

For further information please contact gillian.austin@hct.nhs.uk

Hertfordshire Community Trust - Our core values
Care - We put patients at the heart of everything we do
Respect - We treat people with dignity and respect
Quality - We strive for excellence and effectiveness at all times
Confidence - We do what we say we will do
Improve - We will improve through continuous learning and innovation



What is the approach?

The Pulmonary Rehab (PR) Service, which is part of the Community Respiratory Service, is made up of Physiotherapists, Assistant Practitioners and Admin & Exercise Assistants. The PR service provides Pulmonary Rehab classes for adult patients within East & North Hertfordshire. Groups of patients (up to 16) attend weekly for 8 x 2 hour sessions of exercise and education. In addition to this, patients are seen on an individual basis for Respiratory Physiotherapy assessment & treatment. Pulmonary Rehab group classes are run in local leisure centres; whereas patients seen on an individual basis are seen in a clinic setting.

What are the aims?

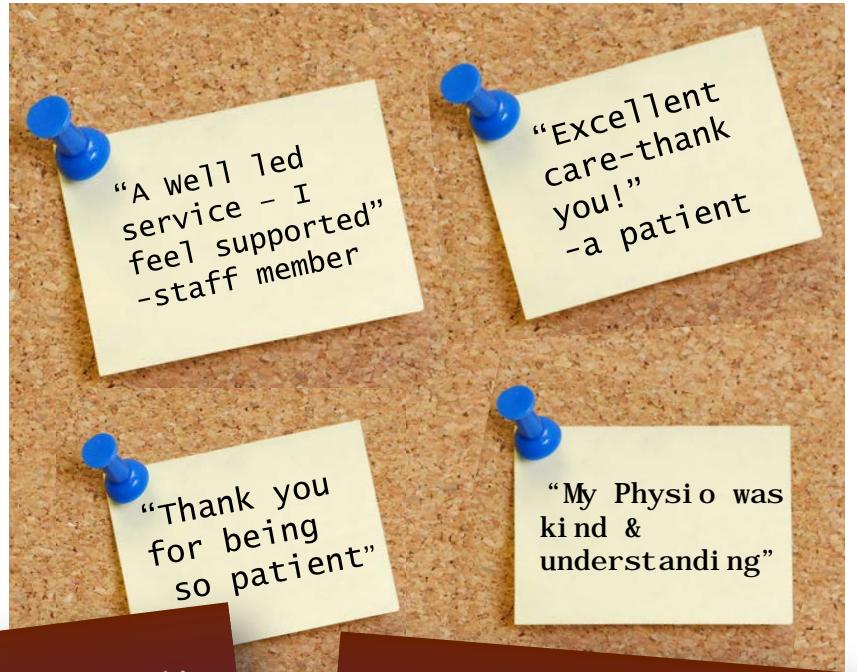
- To reduce the symptoms of breathlessness, cough, chest infections (exacerbations) and reduced activity of daily living.
- To equip patients with the necessary skills needed to self-manage their condition; and wherever possible keep them out of hospital.
- Enhanced self-management skills are known to improve a patient's quality of life and reduce anxiety & depression.
- Increased fitness and activity levels are known to reduce the number of exacerbations/"flare ups" a patient may experience, which can in turn reduce hospital admissions.

What are the benefits?

- The most commonly reported benefit experienced by patients attending the PR service is a reduction in their feelings of breathlessness.
- This may be due to improved fitness levels through exercise or as a result of learning to control their breathing thus preventing the onset of panic.
- Chest clearance techniques, which patients practice independently, can help to reduce exacerbations/"flare ups".
- A reduction in symptoms, increased knowledge about their disease & better coping skills leads to an overall improvement in patients' quality of life.

What are staff and users experiences?

"All the information you have given has been really helpful-especially the nose breathing-that's really helped"



"A well led service - I feel supported"
-staff member

"Excellent care-thank you!"
-a patient

"Thank you for being so patient"

"My Physio was kind & understanding"

Golden rules of good breathing

- ❖ Stay in control by only breathing through the nose (IN AND OUT)
- ❖ Stop or slow down if this is no longer possible
- ❖ Regain control with blow out breathing if required (rescue breathing)

Rescue breathing

- ❖ For loss of control, over-exertion or panic attacks
- ❖ Blow out gently through the lips
- ❖ Short blows out progressing to longer blows out
- ❖ Pause after you blow out
- ❖ Revert back to slow nose breathing ASAP

What are the costs?

Pulmonary Rehab is considered a to be a cost effective or even a cost saving intervention due to the fact that patients who complete a course of PR will be less likely to be admitted to hospital with an exacerbation or will spend fewer days in hospital if they are admitted with an exacerbation.

What are the impacts?

