



Pulmonary rehabilitation

Respiratory Department



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What is pulmonary rehabilitation?

Many people with a lung condition become short of breath whilst carrying out their every day activities. Being short of breath can be very frightening and subsequently some people reduce the amount of activity they do. However, avoiding these activities can lead to decreased fitness and even more breathlessness.

Pulmonary rehabilitation is designed to help you manage your breathlessness, improve your fitness and ability to carry out daily activities. It also helps to increase your confidence, improve your knowledge and understanding of living with a lung condition.

Who will benefit from pulmonary rehabilitation?

Pulmonary rehabilitation is aimed at people who have been diagnosed with a chronic lung condition and experience breathlessness in their daily life. It is essential that individuals are motivated to take part in the programme to gain the full benefits.

How can I take part in pulmonary rehabilitation?

To take part in a rehabilitation course you would need to be referred to the Somerset BOC Community Respiratory Service. The easiest way to be referred is to contact your GP who can refer you directly to us.

Pulmonary rehabilitation courses

A pulmonary rehabilitation course is a six-week programme of exercise and education, led by a respiratory physiotherapist or nurse. After an initial assessment appointment, you will be required to attend twice-weekly exercise sessions, each lasting two hours. There are a maximum of 16 people in each group, providing a supportive and friendly atmosphere.

The sessions include:

A graded exercise programme tailored to your individual needs

- Educational talk covering all aspects of your lung condition
- The exercise programme



The exercise programme consists of different exercises which are designed to improve upper and lower limb strength, endurance and cardiovascular fitness. Additionally, a home exercise programme is provided to allow you to continue the exercises in your own home.

The educational talks

The educational component covers various topics including:

- Breathing control
- Panic and anxiety management
- How the lung works and lung disease
- The benefits of exercise
- Managing activities of daily living
- Relaxation
- Medications
- Nutrition

Where do the courses take place?

We aim to bring this service as close to your home as possible by running the courses in local leisure centres and community centres.

Courses are currently held in Yeovil, Norton Fitzwarren, Bridgwater and Wanstrow. See the back page of this leaflet for details regarding venues.

Course venues

Preston Sports Centre

Monks Dale
Yeovil
BA21 3JD

Trinity Sports Centre

Chilton Street
Bridgwater
TA6 3JA

Norton Fitzwarren Village Hall

Station Road
Norton Fitzwarren
TA2 6RQ

Wanstrow Village Hall

Frome Road
Wanstrow
BA4 4SX

If you have any questions or queries, you can contact us on 0800 0121858

If you would like this leaflet in another format or in a different language, please ask a member of staff or call us on 01935 383077.

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Ref: 22-15-101
Review: 05/17