

Pulmonary Rehabilitation

Wandsworth Community Respiratory Therapies Team, St George's Hospital

This leaflet explains about Pulmonary Rehabilitation (PR). If you have any further questions, please speak to a member of the PR team or doctor or nurse caring for you.

What is Pulmonary Rehabilitation (PR)?

PR combines tailored physical activity with education to help you understand why you get breathless, to look after your body and to manage your symptoms, including feeling short of breath.

People who take part in face-to-face PR consistently report improvements in breathlessness, are less fatigued, feel better mentally, have reduced risk of ending up in hospital, see their GP less and can walk further. You will feel fitter, breathe better and be able to do more, all while understanding how to manage your condition. Therefore, we strongly recommend you join PR and it is free. You've been to PR before? No problem. You can come every year.

Who can attend?

PR is for those living with long term lung conditions, including Chronic Obstructive Pulmonary Disorder (COPD), Interstitial Lung Disease (ILD), bronchiectasis and asthma and for those who are limited by breathlessness. You are usually referred by your GP, practice nurse, pharmacist, hospital or community specialist.

A course of PR lasts 6-8 weeks and you attend two sessions per week. It is run in small groups of no more than 8-16 people. Everyone is different, some may use oxygen, some may not but exercises are tailored to you as an individual. The programmes are supported by trained health care staff who will monitor you and ensure you will only do as much as is safe for you. Translators can be organised too, there are no barriers to St George's PR service.

Where does PR run?

Assessments	Venue	Venue
St George's Hospital Blackshaw Road London SW17 0QT Monday pm, Tuesday am & Friday pm	Cardiac Rehabilitation Gym Atkinson Morley Wing St George's Hospital Blackshaw Road London SW17 0QT Monday & Friday 1.30 to 3.00pm	Latchmere Leisure Centre Burns Road London SW11 5AD Monday & Thursday 2.30 to 4pm.

Parking is available for attendees on site at the PR venues free of charge via the leisure centre and chargeable in the visitor's car park at St George's hospital.

Unfortunately, we are unable to provide transport for patients to and from the face-to-face venues.

What do I need to bring with me?

Wear suitable loose clothing and footwear in which you feel comfortable to get active. Please bring your own water bottle or refreshments. Ensure you bring any medication that you might need during the class, e.g. inhalers or GTN spray.

Useful sources of information

St George's Pulmonary Rehabilitation - [Pulmonary rehabilitation - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](https://www.stgeorges.nhs.uk/pulmonary-rehabilitation)

Contact us

If you have any questions or concerns about Pulmonary Rehabilitation (PR), please contact the Community Respiratory Therapies Team on 020 8725 3016 (Monday to Friday, 8.30am to 4.30pm). If calling out of hours, please leave a voicemail and we will get back to you. To organise attending or if you are a family member and want to know more, please call us or discuss with the doctor or nurse caring for you and they can refer on your behalf.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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