

Respiratory Outpatient Physiotherapy

This leaflet gives you information about our respiratory outpatient physiotherapy service. If you have any further questions, please speak to a doctor or nurse caring for you.

What is Respiratory Outpatient Physiotherapy?

The Respiratory Outpatient Physiotherapy service offers one-to-one appointments. Our aim is to provide tailored education to empower you to adopt self-management strategies to effectively manage your condition.

Treatments may include:

- Techniques to help clear your lungs of sputum.
- Breathing exercises to help you feel more in control of your condition.
- Breathlessness management strategies.
- Relaxation advice.

Through understanding your unique circumstances, we will tailor a treatment approach that best suits you. The number of treatment sessions required will be determined based on your specific needs.

Who can access treatment?

We accept referrals from respiratory consultants at St George's Hospital or from GPs, respiratory nurses or respiratory physiotherapists for patients who are registered with a GP in the London Borough of Wandsworth.

Examples of the conditions we see, and treat are:

- Chronic Obstructive Pulmonary Disease (COPD)

- Asthma
- Bronchiectasis
- Breathing Pattern Disorders (including hyperventilation syndrome)
- Chronic cough.

Where do I need to go?

The Respiratory Physiotherapy service is currently offered at: St George's Hospital, Therapies Outpatient Department, Jenner Wing, Monday to Friday. 9am to 4:30pm.

Useful sources of information

St George's Respiratory Outpatient Physiotherapy - [Respiratory Outpatient Physiotherapy - St George's University Hospitals NHS Foundation Trust \(stgeorges.nhs.uk\)](https://www.stgeorges.nhs.uk/respiratory-outpatient-physiotherapy)

Asthma + Lung UK - [Asthma + Lung UK \(asthmaandlung.org.uk\)](https://www.asthmaandlung.org.uk)

Physiotherapy For Breathing Pattern Disorders - [Physiotherapy for breathing pattern disorders resources for physiotherapists \(physiotherapyforbpd.org.uk\)](https://www.physiotherapyforbreathingpattern.com)

Contact us

If you have any further questions, please speak to a member of the respiratory outpatient physiotherapy team, doctor or nurse caring for you.

If you need to reschedule your Outpatient Respiratory Physiotherapy appointment, please contact our central booking service on 020 8725 0007.

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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