



PATIENT INFORMATION

Pulmonary Rehabilitation Programme

It has been suggested that you would benefit from joining the Trust's Pulmonary Rehabilitation Programme. This aims to improve the quality of life of patients with long-standing lung disease, who are already receiving appropriate medical treatment.

Despite the treatment you are receiving you may still be breathless doing everyday tasks. This is where the Programme can help.

The Programme runs **twice a week for six weeks**. It is run by a Specialist Nurse, Fitness Instructor, Clinical Health Psychologist and a Physiotherapist who specialises in breathing problems.

The programme runs at 2 venues;

Torquay

- Tuesdays 10.00 - 12.30pm and
- Thursdays 1.30 – 4.00pm at
St John's Church Hall, Cadewell Lane, Shiphay, Torquay, TQ2 7HP

Newton Abbot

- Mondays 2.00 - 4.30pm at the **Physiotherapy Gym, Newton Abbot Hospital, Jetty Marsh Road, Newton Abbot, TQ12 2TS**
and
- Thursdays 10.00 – 12.30pm at the **Teignbridge District Scout Headquarters, Wolborough Street, Newton Abbot TQ12 1LJ**

While you are on the Programme we will give you:

- Information about your lung condition
- Practical advice on day-to-day problems
- An individual exercise programme
- Techniques to help you cope when you are breathless
- Advice on how to cope with anxiety and low mood

The Programme has been running for several years and we have received very positive feedback from people who have attended.

Further information

If you would like further details of the Programme, please discuss this with your doctor, or contact **Sue Jones, Specialist COPD Nurse** on ☎ (01803) 655147