

An Introduction to Pulmonary Rehabilitation

Calderdale Pulmonary Rehabilitation
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What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation aims to help people with a longstanding lung disease overcome the fear of breathlessness which gradually prevents them from doing day to day activities.

A person with lung disease may also become breathless because they are unfit.

Although Pulmonary Rehabilitation cannot improve the damage caused by lung disease, it can help people cope better with breathlessness; extend their activities and take control of their lives.

You may be referred for Pulmonary Rehabilitation by your GP, Practice Nurse, Specialist Nurse or Consultant. The first step will be a telephone assessment by a Physiotherapist. This will establish if the group is suitable for you. If you are suitable, you will then be invited to attend a face-to-face assessment. Please bring your inhalers with you, a list of your medication.

The Pulmonary Rehabilitation groups are run at Old Crossleyans Sports Club, Broomfield Avenue, Halifax HX3 0JE or Todmorden Health Centre, Lower George St, Todmorden OL14 5RN or The Parish Centre, St Matthews Community Building, Church Street, Rastrick, Brighouse HD6 3NF, and consists of supervised simple exercise and educational sessions.

You will learn how to cope with your breathlessness in a safe environment. Gradually you can increase your ability to complete activities and simple exercise. You will be encouraged to continue at home and after you have completed the programme.

The educational sessions cover topics such as your lung condition, breathing exercises, medication, diet, energy conservation and relaxation, provided by a variety of health care professionals.

How often do I have to attend?

Halifax - The programme runs twice a week, on a Monday and Wednesday at Halifax and is a 6-week course (12 sessions).

Todmorden - The programme runs twice a week, on a Monday and Friday at Todmorden and is a 6-week course (12 sessions).

Rastrick, Brighthouse - The programme runs twice a week, on a Tuesday and Thursday at Rastrick and is a 6-week course (12 sessions).

Who runs the course?

The course is run by Physiotherapists and Rehabilitation Assistants.

Social distancing

We maintain a 2-metre social distance policy with each patient having their own exercise area using their own provided equipment. Face masks are not worn during exercise but are encouraged during our education session. Staff members will be wearing PPE throughout the sessions.



Our Trust has chosen to participate in the cleanyourhands campaign because we take infections seriously and are committed to keeping patients as safe and healthy as possible. The cleanyourhands campaign is about improving hand hygiene to help prevent infections spreading.



For more information, please visit our website.

<http://www.cht.nhs.uk/services/clinical-services/pulmonary-rehabilitation/>

Personal Safety Statement

Under no circumstances will the Trust tolerate any aggressive, abusive or disruptive behaviour towards our staff. Persons doing this may be refused treatment.

What our patients say

