

If you have any questions or would like to speak to our nurse or physiotherapist, please contact our Administrator on:

0141 211 3392

Or you can contact your G.P. or Practice Nurse for more advice.

Patient Information

Pulmonary Rehabilitation

Hospital: _____

Day: _____

Date: _____

Time: _____



Pulmonary Rehabilitation Programme
Physiotherapy Department
Gartnavel General Hospital
1053 Great Western Road
Glasgow
G12 0YN
Telephone: **0141 211 3392**

Introduction

Pulmonary rehabilitation classes offer a treatment programme to people with chronic lung disease.

If you have symptoms such as breathlessness, cough and fatigue you will benefit from attending.

The class offers:

Support from specialist staff: Nurses, Physiotherapists and Fitness instructors.

- Advice on managing your breathlessness
- A low level exercise programme individually designed for you
- An Education package to help you self manage your condition
- An opportunity to meet other people who also have a lung condition

Aim of Rehabilitation Classes

- Reduce the impact of your symptoms
- Increase your physical ability
- Improve your quality of life.

Some comments made by others who have attended the Pulmonary Classes:

“I enjoyed the exercise as it was my own programme at my level. I was initially worried about attending an exercise programme as I am breathless.”

“The education sessions taught me how to control my breathing and I feel more confident using my inhalers”

“I enjoyed the social aspect of the class. It was helpful to meet other people who have a lung condition.”

Referral

Your GP, Practice Nurse or hospital staff will send us a referral. We will then write to you to arrange an assessment appointment.

Assessment

One of our Nurses or Physiotherapists will assess you at your local hospital. It usually takes about an hour. We will then offer you a local venue of your choice to attend your class.

If you have a chest infection or are taking antibiotics or steroids please telephone our office to rearrange your appointment.

Your Class

The classes run twice a week for six weeks or 12 sessions. We have local venues all over the Glasgow and Clyde area (see overleaf). Each class will last approx 1 hour 30 minutes, consisting of two parts, education and exercise. We will also give you a diary of exercises to do at home.

North area

- **Kirkintilloch Sports Centre**
Monday and Wednesday at 1pm
- **Possilpoint Community Centre**
Monday at 2.30pm
- **Barmulloch Community Hall**
Wednesday at 2.30pm
- **Gartnavel General Hospital**
Tuesday and Thursday at 1pm
- **The Hub, Clydebank**
Tuesday and Thursday at 2.30pm
- **Easterhouse Sports Centre**
Tuesday at 1pm
- **Shettleston Community Centre**
Tuesday and Thursday at 2.30pm

South area

- **Queen Elizabeth University Hospital**
Monday and Wednesday at 1pm
- **New Victoria Hospital**
Tuesday and Friday at 2.30pm

Clyde

- **Inverclyde Royal Infirmary - Physiotherapy Gym**
Wednesday 1pm
- **Lagoon Leisure Centre**
Tuesday and Thursday at 1pm
- **Vale Centre for Health and Care - Physiotherapy Gym**
Monday and Wednesday 2.30pm