

PULMONARY REHABILITATION PROGRAMMES FOR COPD PATIENTS 2011

Below is an indicative schedule of programmes for 2011. There are many reasons why you should refer your patients for pulmonary rehabilitation. In patients with COPD:

- Pulmonary rehabilitation improves the symptom of dyspnoea
- Pulmonary rehabilitation improves health-related quality of life and a 4 point improvement in the SGRQ equates to reduced exacerbations.
- Pulmonary rehabilitation reduces the number of hospital days and other measures of healthcare utilization.
- Self help strategies learned in pulmonary rehabilitation improve inhaler compliance and the early treatment of the acute exacerbation, both life savers.
- Maintenance strategies after pulmonary rehabilitation are associated with a modest improvement in long-term outcomes
- Pulmonary rehabilitation can improve oxygen needs in hypoxaemic COPD patients and is normally required before formal assessment can be concluded.
- Pulmonary rehabilitation is cost-effective e.g. number of hospital days is reduced.

N.B. Did you know that it has been proven that the likelihood of your patient with COPD coming to pulmonary rehabilitation and staying the 6 week course is related to the confidence and enthusiasm with which you the doctor, or nurse, make the referral.

If you would like your patients to be invited to one of our programmes then please refer them to us in the usual way by faxing the referral form to our safe haven fax 0845 880 9990.

Location / Venue	Start Date
Frome – Trudoxhill Church Hall	1 st February 2011
Yeovil – East Coker Village Hall	18 th March
Bridgwater – Victoria Park Community Centre	April
Taunton – venue to be confirmed	May
Mendip – Compton Dundon Village Hall	May
Minehead – West Somerset Community College	July
Wincanton – venue to be confirmed	July
Burnham / Highbridge – East Huntspill Village Hall	August
Chard – Crowshute House	September
Yeovil - venue to be confirmed	October
Taunton – venue to be confirmed	November

N.B. The planned programmes are based on current demand and additional programmes may be added throughout the year, if required.

Programmes are 6 weeks in duration and are for 2 hours, twice a week (plus a pre and post programme session). Programmes are a combination of exercise and education. Exercises are tailored to individual needs and may include use of steps and small hand weights. 20 minutes of exercise is followed at each session by an educational talk that includes topics such as:

- Relaxation techniques
- Diet and nutrition
- Smoking advice
- Using inhalers and nebuliser
- Using medications
- Managing exacerbations
- Benefits and services available from Somerset County Council
- Joining a local support group

If you require any further information please contact us on 0845 880 9989