

To celebrate Pulmonary Rehabilitation Week (17th-21st June 2024), the Pulmonary Rehabilitation services across Southern Health and Solent are promoting the fantastic benefits of Pulmonary Rehabilitation. **This is our chance to remind you of what’s available for ANY of your patients who have a long term lung condition and are limited by breathlessness.**

Pulmonary Rehabilitation is an NHS run FREE 6-week course of exercise and education for people with long term lung conditions who are limited by breathlessness, such as Chronic Obstructive Pulmonary Disease (COPD), Bronchiectasis, Chronic Asthma and Pulmonary Fibrosis.

****

The exercises are all straightforward and can be adapted to suit all abilities, so no prior exercise experience is needed. During each session the participants will also learn about topics to help them understand and manage their lung condition better.

There really is nothing to lose and everything for your patients to gain!

**Join a staged Pulmonary Rehabilitation class from the comfort of your clinic room**

Solent NHS Trust’s Pulmonary Rehabilitation team will be streaming a ‘staged’ Pulmonary Rehab class on **Wednesday 19th from 10:00am to 10:30am via Zoom.** This is open to **ALL healthcare professionals from across Hampshire and Isle of Wight**. So come and see what your respiratory patients get up to in a Pulmonary Rehabilitation session and hear a little more from one of the teams about the theory behind our programme.

The Pulmonary Rehabilitation Team in St Mary’s Hospital, IOW will be streaming the session live in their gym in the Outpatient Respiratory Department. There will be refreshments and the team available to chat to in person and find out a bit more about what they do locally.

**If you know you do not have any medical conditions which contraindicate exercise, and there is no other reason you should not take part in exercise, feel free to join in along with the session!**

**Zoom link: Pulmonary Rehab Week 2024 - Virtual Drop-in**

Time: Wed Jun 19, 2024 10:00 AM London

 Join Zoom Meeting: [https://us05web.zoom.us/j/85105489415?pwd=d2WaByIdn3CBV2Fvwodw8afdV4A9Fq.1](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus05web.zoom.us%2Fj%2F85105489415%3Fpwd%3Dd2WaByIdn3CBV2Fvwodw8afdV4A9Fq.1&data=05%7C02%7Cnatalie.robinson28%40nhs.net%7Cf44e0685b23441e86c8108dc84880379%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638530968063046390%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=qHK700l8wIvjj50zWYFNb7l7j0nL8JciyQhsAQQYuMo%3D&reserved=0)

**Meeting ID: 851 0548 9415**

**Passcode: PRW**

**Patient testimonials**

I am an ex-diver and I have always prided myself on having pretty good lungs. However, in February I was diagnosed with Bronchiectasis, a condition that I had never even heard of! In April I started a 6-week course which I attended twice a week for an hour and a half. This consisted of a short talk in which we learned about the various lung conditions and how to deal with them. This was followed by about an hour of exercises. I quickly learned that the best way to manage my condition is to keep active and exercise regularly.

I remember that before the course I walked 280m in 6 minutes but after the course I achieved 390m and my oxygen levels improved by 4%! So I thought, that proves it!  Don't mope at home feeling sorry for oneself, get on with life and be active!

I now attend a COPD exercise class at the Lymington Recreation Centre once a week which is subsidised by the NHS. I know from my own experience that physical fitness coupled with a certain amount of determination does effectively control the condition that I now have.

*David Jones (age 88)*

The course was fantastic and gave me the incentive to exercise more and get my lungs working, this was made easier by being with fellow sufferers so we could give each other moral support and actually enjoy exercising without feeling we were in competition with each other.

I cannot recommend strongly enough to anyone with COPD the benefits of Pulmonary Rehab where you will be helped, encouraged and guided towards an improvement in your overall health without feeling that you are being trained to run a marathon, or compete in the Olympic Games or in competition with others.

*Christopher J Forbes-Ritte*

We will shortly have an updated referral form on Ardens for you to refer to your local Pulmonary Rehabilitation Service, covering the services across the whole Hampshire and Isle of Wight region. Do keep an eye out for it.

Please get in touch if you’d like to observe a session local to you in person or you simply would like to find out more about the programmes on offer across the Hampshire, Southampton, Portsmouth and IOW region via HSIOWonlinepulmrehab@southernhealth.nhs.uk.

Please see the attached poster and slideshow to utilise in your public-facing areas to support starting the conversation with patients about this fantastic, life changing programme!

