

Pulmonary Rehabilitation Service (Berkshire West) video transcript

0:00:01.200,0:00:07.920

We are the pulmonary rehabilitation service. Our six-week program combines education on your lung

0:00:07.920,0:00:14.400

condition with regular gentle exercises to help you improve your confidence and exercise capacity

0:00:14.400,0:00:19.520

so you do not feel as out of breath in everyday life. People who have joined our program in the

0:00:19.520,0:00:25.840

past have noticed improvements such as having fewer chest infections. You will attend sessions

0:00:25.840,0:00:32.400

twice per week. Each session typically lasts 1 hour and 45 minutes and includes supervised

0:00:32.400,0:00:38.160

exercise and education and support about various topics such as breathing techniques, nutrition,

0:00:38.160,0:00:44.240

and staying active at home. Sessions are held in a local setting like a church hall or community

0:00:44.240,0:00:49.920

centre. In some instances, you will attend at the Royal Berkshire Hospital or where appropriate,

0:00:49.920,0:00:55.360

we will see you in your own home to deliver an adaptive program of exercise.

0:00:55.360,0:01:00.960

To access our service, you must be over 18 and registered with a GP in West Berkshire,

0:01:00.960,0:01:06.640

Reading or Wokingham. You can be referred by your GP or another health care professional

0:01:06.640,0:01:12.000

following a diagnosis of either bronchiectasis, interstitial lung disease, or chronic obstructive

0:01:12.000,0:01:18.720

pulmonary disease, also known as COPD. We currently do not accept self-referrals.

0:01:18.720,0:01:24.000

You will first be invited to complete a telephone assessment with one of our physiotherapists to

0:01:24.000,0:01:29.040

make sure the program is suitable for you. You will then have a face-to-face assessment that

0:01:29.040,0:01:33.920

includes simple tests to understand your current fitness level and a discussion

0:01:33.920,0:01:40.160

about your goals. When you complete our program, you'll be given the details of the respiratory

0:01:40.160,0:01:46.880

service who can provide support if your lung condition worsens. You can also find more

0:01:46.880,0:01:54.000

information about our pulmonary rehabilitation service and what we offer on our web page.