

## Redbridge Pulmonary Rehabilitation

The Redbridge Respiratory Team runs Pulmonary Rehabilitation (PR) programmes across the borough.

### **What is PR?**

PR is an exercise and educational programme for patients with chronic respiratory disease.

As per the British Thoracic Society Guidelines on Pulmonary Rehabilitation in Adults (2013), PR should be offered to patients with COPD who score a Medical Research Council grade two and above, who are functionally limited by breathlessness. PR should also be offered to those with other, stable, chronic respiratory conditions, such as asthma, bronchiectasis, and pulmonary fibrosis, who are limited by breathlessness.

### **What PR courses are available in Redbridge?**

We run 6-week (12 sessions) group PR courses in Redbridge. To maximise accessibility for patients, we offer:

- face-to-face PR
- virtual PR (on Zoom)
- hybrid PR (combination of face-to-face and virtual).

Locations of face-to-face PR include:

- Seven Kings Health and Social Services
- South Woodford Memorial Hall
- Redbridge Diabetes Centre

Sessions are run by Physiotherapists, Health Care Assistants, and Registered Nurses. There is also administrative support.

Once patients are referred to the service, we aim to complete an initial assessment within four weeks, and for them to start their preferred PR group within a further two to four weeks.

Exercises are individualised to each patient according to their baseline exercise capacity and strength, and gradually progressed. Our PR education topics encompass all aspects of respiratory care. This includes understanding lung conditions, breathlessness management, anxiety management, and airway clearance etc.

### **What are the benefits of PR?**

Following completion of PR, patients demonstrate objective improvements in:

- exercise capacity
- psychological wellbeing
- health-related quality of life

We consistently receive positive feedback from patients who complete our PR course, many of whom feel better able to self-manage their respiratory condition.

### **How can patients be referred to PR?**

Suitable patients can be referred to our PR service using the referral form linked below.

Referral form: <https://www.nelft.nhs.uk/services-redbridge-respiratory-service-clinicians>

For more information, please contact [RedbridgeLTC@nelft.nhs.uk](mailto:RedbridgeLTC@nelft.nhs.uk)

