

Classes run for one and half hours

North area

- Kirkintilloch Sports Centre
Monday and Wednesday at 1pm
- Balgrayhill Community Hall
Monday and Wednesday at 2.30pm
- Drumchapel Pool
Monday and Friday at 1pm
- Maryhill Leisure Centre
Monday and Friday 2.30pm
- Gartnavel General Hospital
Tuesday and Thursday at 1pm
- Playdrome Clydebank
Tuesday and Thursday at 2.30pm
- Easterhouse Sports Centre
Tuesday and Thursday at 1pm
- Tollcross Leisure Centre
Tuesday and Thursday at 2.30pm

South area

- Southern General Hospital
Monday and Wednesday at 1pm
- Pollok Civic Realm
Monday and Wednesday at 2.30pm
- Castlemilk Sports Centre
Tuesday and Friday at 1pm
- Victoria Infirmary
Tuesday and Friday at 2.30pm

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Clyde

- Westburn Church
Monday and Wednesday at 1pm
- Boglestone Gym
Monday and Wednesday at 2.30pm
- Vale of Leven Pool
Monday and Wednesday at 2.30pm
- Lagoon Leisure Centre
Tuesday and Thursday at 1pm
- Elderslie Pool
Tuesday and Thursday at 2.30pm

All correspondence should be sent to:

Pulmonary Rehabilitation Team
Physiotherapy Department
Gartnavel General Hospital
1053 Great Western Road
Glasgow
G12 0YN

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.



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MIS 241550 Review October 2014

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Information about classes for those who have a

Chronic Lung Condition



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Do you have a Chronic Lung condition?

People who have symptoms such as breathlessness, cough and fatigue often benefit from attending some rehabilitation classes.

The classes consist of education in disease management together with activity training and exercise. The classes will help to improve your control over your lung condition.

We recommend this programme for patients with these symptoms.

Aim of Rehabilitation Classes

The aim of the classes is to:

- reduce the impact of your symptoms
- increase your physical ability
- improve your quality of life.

The Rehabilitation class offers:

- An activity programme individually designed for you
- Advice about your lung disease
- Advice on managing your breathlessness
- Support from different groups of staff and an opportunity to meet other patients.

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Who will I meet?

- Physiotherapist,
- Nurse
- Fitness instructor.

There will be lots of opportunity to ask questions.

Where will I go?

You have been referred because you have chronic lung disease.

At your first appointment the nurse and physiotherapist will carry out an assessment at your local hospital. This will take about an hour.

During this time you will have some walking tests and we will ask you some questions about yourself and your breathlessness.

If you are suitable we will invite you to attend a class group and give you an information booklet.

Your class

The classes run twice a week for six weeks or 12 sessions at a local venue (see overleaf). Each class will last 1 hour 30 minutes, consisting of two

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Your class

The classes run twice a week for six weeks or 12 sessions at a local venue (see overleaf). Each class will last 1 hour 30 minutes, consisting of two

parts, education and exercise. We will also give you a diary of exercises to do at home.

Please:

- Wear loose clothing and comfy shoes
- Bring your reading glasses
- Bring your "reliever" inhaler
- Bring your GTN spray if you have one
- Bring a copy of your repeat prescription

Remember if you have a chest infection or are taking antibiotics or oral steroids please telephone to re-arrange your appointment.

At the end of your six weeks of classes you will have a re-assessment appointment which includes a further walking test and completing questionnaires to see what benefits you have gained.

We may offer you the opportunity to maintain your new activity level by attending Vitality classes, which are run by fitness instructors at your local venue.

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