

Patient Story: “How Pulmonary Rehab played a part in my return to work”



Patient Profile: David

- Retired. Previously worked in Ready Mix Concrete industry
- Former smoker
- 68 years old
- Diagnosed with a lung condition over 10 years ago

THE PROGRAMME

A seven week programme consisting of two sessions a week. A session is two hours long (one hour exercise and one hour group education). The programme is run by the Community Respiratory Nurse Specialists and supported by professionals from the Luton and Dunstable Hospital. This also includes guest speakers from Total Wellbeing Luton, Smoking Cessation, Improved Access to Psychological Therapies and other local support groups regularly contributing.

COVID 19 & THE DIGITAL MIGRATION

When the pandemic began, face to face Pulmonary Rehab could no longer continue. The Community Respiratory team together with Physio, Occupational and Exercise Therapists worked to film socially distanced exercise videos which combined strengthening and conditioning and became progressively harder throughout the course. The Team recorded education videos to support the programme.

IMPACT: Not only has David experienced weight loss, he now describes his breathing as much better and he can also walk further. David explained that he is fortunate enough to live close to a green space and therefore has ample opportunity to walk. In summary he feels there has been a big improvement. He has even returned to work at Age Concern Luton as a Handyman.

“I would recommend the programme. It gives people something to do which is good for their mental health particularly for those who are on their own”

“Even though the programme is finished I still use the resources”

“It’s very informative, e.g. how to take inhalers and meds properly”

EXPERIENCE OF PROGRAMME: David was one of the first group of patients to participate in the programme online. The migration from face to face to online was not a problem for him. He had downloaded the MyCOPD app in the past and that prepared him for what was to come in terms of education. For instance the app mentions how to control huffing and puffing, removal of phlegm etc. David described the programme material as being pitched at the right level, not too technical and not too elementary.

FEEDBACK: David stressed the importance of wellbeing and using this as a means of measuring the effectiveness of the programme. This is so much more than simply being able to walk further than he could prior to the start of the programme.

“Pulmonary Rehab has been proven to; improve breathlessness; exercise tolerance; and reduce the frequency of chest infections”

**Hayley Bradshaw
Luton Adults Community
Respiratory Clinical Nurse
Specialist**

