

Rehabilitation services.

For cardiac and respiratory patients.





What are rehabilitation services for cardiac and respiratory patients?

Many people with a heart/lung condition become short of breath whilst carrying out their every day activities. Being short of breath can be very frightening and subsequently some people reduce the amount of activity they do. However, avoiding these activities can lead to decreased fitness and even more breathlessness.

The rehabilitation services for cardiac and respiratory patients are designed to help you manage your breathlessness, improve your fitness & ability to carry out daily activities. It also helps to increase your confidence, improve your knowledge and understanding of living with a heart/lung condition.

Who will benefit from the rehabilitation services?

The rehabilitation services aim at people who have been diagnosed with Heart Failure or COPD (Chronic Obstructive Pulmonary Disease) and experience breathlessness in their daily life.

It is essential that individuals are motivated to take part in the programme to gain the full benefits.

How can I take part in the rehabilitation services?

To take part in a rehabilitation course you would need to be referred to the Heart Failure/ Pulmonary Rehabilitation team. The easiest way to be referred is to contact one of the following:

- Your GP
- Your Practice Nurse
- Your Heart Failure/COPD Nurse



Rehabilitation courses for cardiac and respiratory patients*

Heart Failure Rehabilitation courses are 6 week programmes led by a Rehabilitation Nurse or Physiotherapist, whilst Pulmonary Rehabilitation courses last 8 weeks. You would be required to attend for an assessment which will last approximately 1 hour and then once a week with each session lasting 2 hours. There are a maximum of 10 people in each group providing a supportive and friendly atmosphere.

The sessions include:

- A graded exercise programme tailored to each individual's needs
- Educational talk covering all aspects of your heart/lung condition

The Exercise programme

The exercise programme consists of different exercises which are designed to improve upper & lower limb strength & endurance and cardiovascular fitness.

Additionally, a home exercise programme is provided to allow you to continue the exercises in your own home.

The Educational talks

The educational component covers various topics including:

- Breathing control
- Panic and anxiety management
- How the lungs work & lung disease
- The benefits of exercise
- Managing activities of daily living
- Relaxation
- Medications
- Nutrition
- Travelling with a heart/lung condition

* Typical programme in the UK

Linde Healthcare in homecare.

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