

# GENERAL INFORMATION

## CLOTHING

It is important to wear clothes and shoes that are comfortable to exercise in.

## MEDICATION

It is important to bring along your inhalers as well as any other medication you require.

## BREATHING CONTROL

You may be concerned about your ability to exercise because of your breathlessness. Your physiotherapist will show you successful ways to control and manage your breathing during exercise.

For more information about attending a pulmonary rehabilitation programme please speak to your doctor or call one of the numbers below.

Physiotherapy Greenlane 09 630 9803  
The Laura Fergusson Trust 09 524 0537  
COPD Nurse Specialist 021894781  
Physiotherapy CardioPulmonary Specialist 0212259179

For more detailed information visit:  
[WWW.HEALTHPOINT.CO.NZ](http://WWW.HEALTHPOINT.CO.NZ)

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HE AHA TE MEA NUI?  
HE TANGATA. HE TANGATA,  
HE TANGATA.

## PULMONARY REHABILITATION PROGRAMME



## PHILOSOPHY

IF WE TREAT YOU TODAY  
WE HELP YOU FOR A DAY  
IF WE TRAIN YOU  
WE HELP YOU FOR A LIFE TIME

 Laura Fergusson  
REHABILITATION

 AUCKLAND  
DISTRICT HEALTH BOARD  
Te Ora Māori

## CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

COPD is an umbrella term for a group of lung diseases, usually brought on by smoking, which includes emphysema and chronic bronchitis. Most of the disability that comes as a result of COPD is not because of the lungs. You get breathless because of your lungs so you don't take any exercise and become tired and unfit. It is this weakness, fatigue and the resulting fear, anxiety and lack of confidence that impacts on your daily life more than anything else.

The good news is that this is reversible unlike a lot of the damage in your lungs.

Research has shown that despite the severity of your condition benefit will be gained from Pulmonary (lung) rehabilitation.

## PULMONARY REHABILITATION

Is a programme involving exercise and education that will give you the knowledge and skills you need to improve the overall quality of your life and the ability to better manage your condition in the long term.

## TAMA TU, TAMA ORA, TAMA NOHO, TAMA MATE KAI

*He who moves lives, He who sits perishes*

EXERCISE IS AS IMPORTANT AS TAKING  
YOUR MEDICATION AND WILL IMPROVE  
THE QUALITY OF YOUR LIFE MORE



## HOW WILL THIS HELP ME?

1. You'll feel better and breathe easier during activity
2. It will make everyday activities easier through improved fitness
3. You'll make new friends and learn from others who know what it's like to have COPD
4. You'll learn to manage your condition better
5. You will improve your self-confidence and be more independent
6. You may spend less time in hospital

**BE PREPARED TO RETHINK  
THE WAY  
YOU DO THINGS**

## PROGRAMME

The programme runs weekly and involves a period of exercise targeted for you specifically and facilitated education / advice discussions covering subjects such as:

- How to manage breathlessness
- How to stay well and avoid relapse
- Healthy eating habits and COPD
- Changing unhealthy behaviours
- How to take medications
- Benefits and supports here in Auckland
- How to stop smoking successfully
- Managing fatigue, anxiety, depression, insomnia etc

The programme takes place at a number of sites in Auckland. Please talk to your GP or call the Greenlane Clinical Centre on 09 630 9803 for more information.

## HOW DO I GET ONTO THE PROGRAMME?

To get onto the programme you need to be referred by your doctor or other healthcare worker. When your referral has been received your pulmonary rehabilitation provider will contact you to arrange a personalised assessment before starting the programme.