

HOW DO I GAIN ENTRY?

Ask your general practitioner (GP) or nurse practitioner to refer you to the Respiratory Service at the Palmerston North Hospital.

OR

Contact the Central PHO on phone (06) 354 9107 and ask for the respiratory nurse or physiotherapist who run the programme. They will guide you through the referral process.

WHEN AND WHERE

Palmerston North
Tuesdays and Fridays
1.00–3.00pm

Palmerston North Leisure Centre
569 Ferguson Street
Palmerston North

Feilding
Tuesday midday to 2pm
Thursday 10am to midday
Senior Leisure Centre
6 Bowen Street
Feilding

THE TEAM



MANAWATU BETTER BREATHING PROGRAMME

**Pulmonary Rehabilitation
Programme**

*Ma te ha ka ora
Through breathing we live*

Contact CPHO for copies

WHO IS THE PROGRAMME FOR?

Pulmonary rehabilitation is one of the most effective prescribed treatments for patients with chronic respiratory disease who continue to have shortness of breath affecting their quality of life, despite receiving the best possible medical care.

The majority of participants who attend will have a diagnosis of chronic obstructive pulmonary disease (COPD), however people with other lung conditions such as chronic persistent asthma, interstitial lung disease or bronchiectasis may also attend.

The programme will help you:

- Ease the feeling of shortness of breath so you can manage day to day activities better
- Become more active
- Understand your lung condition better giving you the confidence to stay well
- Make the most out of life
- Gain support from others.

HOW LONG DOES THE PROGRAMME RUN FOR?

We offer four programmes in Palmerston North and two in Feilding each year. Programmes run for 10 weeks in total, for two hours each session. The first and last weeks are assessment weeks.

WHAT IS INVOLVED IN THE PROGRAMME?

The programme is lead by a nurse and physiotherapist team who are specially trained in caring for people with lung disease. Each session involves an exercise and education component.

INDIVIDUALISED EXERCISE PROGRAMME

This is tailored specifically to your needs by our registered physiotherapist.

EDUCATIONAL SESSIONS

These are delivered by the team and topics include:

- The Benefits of Exercise
- COPD/Asthma Flare Ups
- Flu Vaccine
- Making Life Easier (better breathing techniques)
- Inhaled Medications
- Eating Well
- Sneeze with Ease, Cough with Confidence
- Choices and Decision Making for the Future
- Relaxation for Anxiety and Stress
- Invited speakers.

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