

## 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 local team (below) for more information. They will guide you through the referral process.

### Community Respiratory Nurse

(06) 374 5691,  
Ext: 706  
027 217 1255

### Physiotherapist

0800 766 255  
027 206 9675

## WHEN AND WHERE

**Activate Gym**  
**25 Gordon Street, Dannevirke**

(Entrance is off Allardice Street,  
use the Hub carpark)

**Monday and Wednesday**  
**1.00–3.00pm**

## THE TEAM



December 2015  
Communications Ref: 2263

# TARARUA BETTER BREATHING PROGRAMME

## Pulmonary Rehabilitation Programme

*Ma te ha ka ora  
Through breathing we live*

Contact CPHO for copies



CentralPHO  
*Working together, towards healthy  
and flourishing communities*



Tararua Health Group <sup>TM</sup>

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## 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.

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## HOW LONG DOES THE PROGRAMME RUN FOR?

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

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## 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.

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## INDIVIDUALISED EXERCISE PROGRAMME

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

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## 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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