

## Speaking from Experience

### Chronic Obstructive Pulmonary Disease (COPD)

#### Transcript for chapter 4 of 11: Pulmonary Rehabilitation

**Ruth, 72:** Six years ago I had a particularly rampant infection and I was in hospital. They controlled it, but afterwards my doctor said to me, "Look there's a pulmonary rehab program starting and I think you should go and I think it will benefit you". It was at that stage very new, it had just started up and it did certainly benefit me.

**Chris & Reg, 83:** Pulmonary rehabilitation is a great source of information. The courses usually involve exercise and education.

**Ruth, 72:** When you go the physiotherapist will do a test and assess what level you're at so that they don't over tax you with exercises that are both too hard, or too hard to start off with. So normally you'd do a six minute, if you're capable, walk test. They time you and see how far you can walk and from that test they can calculate what that individual - an individual, everyone is different - what a possible program would be. Now that program is a mix of light exercises to start off with, walking a certain distance, and different machinery.

**Chris & Reg, 83:** Doing the simple exercises that the physiotherapist would demonstrate with dumbbells and keeping up your strength. To sit around and be sedentary is really, really bad.

**Julie, 58:** I can't speak highly enough about the physio people though, they are the salt of the earth. They're fantastic. They're not judgmental. They don't use any fear tactics. They're just straight forward so there's no room to get into morbidity or start getting depressed. There's just the facts, this is what you deal with, let's get on with it basically. So they're just, yeah, fantastic.

**Graham, 69:** We did half an hour I think it was, from memory, or three quarters of an hour of exercise with weights and treadmills and bikes and squats off chairs. Nothing over strenuous but it was there, enough to get you moving. And when we finished that course I joined a gym the senior's gym and I felt that was really good too.

**Ruth, 72:** You should realize that you still got to exercise each day yourself but you're understanding is also improved because not only do you do the exercises but at the end of each exercise, or before, whichever is more suitable, there is a session given by individuals. A psychologist is one, a pharmacist is another, a district nurse who might give information on all sorts of things, how to use your puffers, the best way to use a spacer. So there's half a dozen information sessions which are also incredibly beneficial because at that time not only are you improving your health, you're improving your knowledge by the lectures at each session, which are all different. They're very beneficial.

**Graham, 69:** You might think you know what your problems are but until it's explained by professionals and they can assist you in any questions on both diet, medication. How to take your medication is very important. So yes, I'd say if you can get into a COPD course, top marks.