



# Outpatient Pulmonary Rehabilitation Programme (PRP)



## About the programme

Alexandra Hopsital's Pulmonary Rehabilitation Programme (PRP) is an exercise and educational programme to increase awareness, build up your stamina and to help you cope with your lung condition. It has been shown to improve breathlessness, fatigue, quality of life, and exercise tolerance in multiple lung conditions.

The programme aims to empower you with skills and knowledge to feel better, get stronger over time, and to be more active to do the things you enjoy. The group sessions will allow you to meet with others, share your stories, and provide mutual support.

## Who is suitable for this programme?

If you suffer from chronic lung issues such as Chronic Obstructive Pulmonary Disease (COPD), bronchiectasis, interstitial lung disease, or weak and scarred lungs after a severe lung infection, then PRP may be for you.

## How does pulmonary rehabilitation help me?

Inactivity may result in a vicious cycle of muscle weakness and deconditioning. Thus, we strongly encourage you to explore the programme to help you get better.



Source: British Lung Foundation

## Programme structure

There are **18 sessions** in total, inclusive of physical and tele-consults, to facilitate your transition into the maintenance phase whereby you can continue exercising at home post programme.

### Weeks 1 - 5

9 sessions in AH

#### Session 1:

- Initial assessment

#### Sessions 2 - 9:

- Supervised exercises every Tuesday and Friday



### Weeks 6 - 10

9 sessions, hybrid

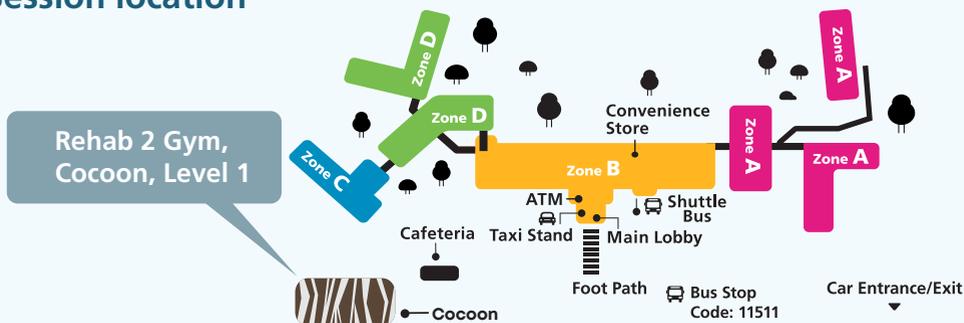
#### Sessions 10-17:

- Supervised exercises on-site every Tuesday
- Teleconsultations every Friday

#### Session 18:

- Final assessment

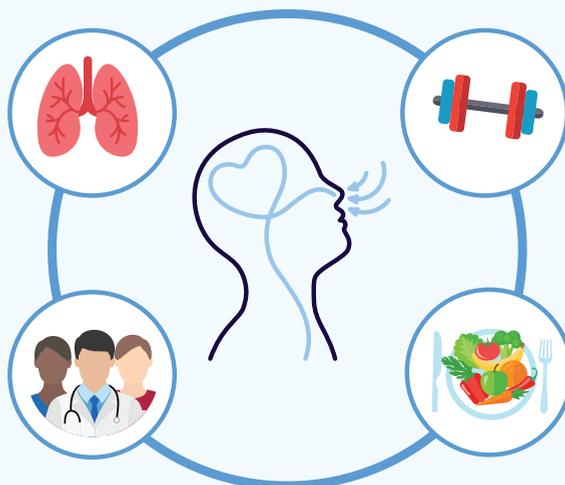
## Session location



## A programme with you in mind

Taking control of your condition, rather than letting the condition control you, begins with understanding your illness.

Your doctors, nurses and other allied health professionals will assess your health status and advise appropriately as you embark on this programme.



A structured & customised programme with a physiotherapist to help improve your physical and emotional well-being.

You may be referred to a dietician by your doctor for a customised meal plan as nutrition is an integral part of recovery.

## What happens after completing the programme?

A new journey of self-empowerment begins! You are highly encouraged to continue participating in daily exercises to maintain the gains from this programme, and apply the newly learnt knowledge in managing your chronic lung condition.

## How do I join the pulmonary rehabilitation programme (PRP)?

You may speak to your respiratory doctors during your iCARE clinic appointments, or the doctors caring for you during your hospital admission for a referral. Our PRP team will get in touch with you thereafter.

## Common Questions

### Q: Can I use oxygen during my sessions?

A: Yes, you can. Your physiotherapist will assess if you require oxygen during the sessions as you may feel more comfortable exercising with it. You will be guided through the exercises and they will help you with the use of oxygen.

### Q: Am I suitable to participate?

A: The sessions are tailored to suit individual needs and abilities. You can bring along your walking aid, or have your caregiver with you to assist during the sessions.

### PRP may be unsuitable if you:

- Are too breathless to leave the house
- Experience pain limiting your ability to walk or unable to walk
- Have uncontrolled heart problems or a recent heart attack
- Have been advised by your doctor not to exercise

### Q: Why can't I do my own exercises at home?

A: Pulmonary rehabilitation is a structured programme with a multidisciplinary team approach. It is tailored at individual levels and led by trained healthcare professionals, with the aim to improve the physical and mental wellbeing of our patients.

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