

# Rehabilitation programme to manage your recovery from COVID

## Pulmonary and Cardiac Rehabilitation

Information for Patients

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### What is COVID rehabilitation?

- COVID rehabilitation is an education and exercise programme. Early results show it to be helpful for people who have symptoms after having COVID.
- A rehabilitation programme can help with your recovery if you have recently been unwell, either at home or in hospital.
- This rehabilitation programme may have been suggested to you by your doctor or nurse at a review or check-up.
- It will help you to be able to do more, for example, daily tasks or return to work.
- It consists of exercise and education sessions and each person will work at their own pace.



**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How will it benefit me?

- Reduce troublesome symptoms such as breathlessness and fatigue.
- Help you to improve your general health and level of fitness.
- Improve your ability to carry out activities that are important to you.
- Learn more about your symptoms.
- Improve your level of confidence and quality of life.
- Provides a safe and supportive environment to discuss your COVID experience with others.

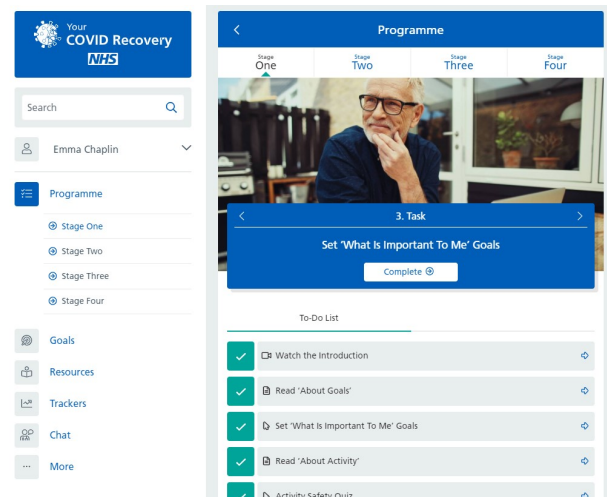
## What happens once I've been referred for COVID rehabilitation?

- Your first appointment will last up to 2 hours. You will be seen by one of our team and they will tell you about the programme and what it involves.
- Please wear comfortable clothes and shoes for your appointment as you may be asked to do some walking tests.
- Please bring a list of any medication that you take and any inhalers that you may use to your appointment.
- If this programme is suitable for your needs, we will discuss with you the best way for you to take part. Occasionally, there may be some symptoms where the COVID rehabilitation programme is not a suitable treatment option; your initial assessment will help to decide this.
- If you are unable to get to your appointment any other way, it may be possible to arrange hospital transport. The booking telephone number is on your appointment letter; please note there are restrictions as to who is eligible to use this service.
- If you need an interpreter for your appointment, please call the telephone number on your appointment letter to arrange this.

## How can I take part in COVID rehabilitation?

You can take part in the COVID rehabilitation programme in a few different ways:

- Attending classes (which take place at Glenfield Hospital) twice weekly, for 6 weeks.
- Exercising at home with the use of a manual guide book and telephone support from the team.
- Exercising at home with the use of a website and with email or telephone support from the team.



Whichever option you decide upon, you will be given your own individual exercise programme to improve your fitness and strength to help with your recovery.

Once you have completed the programme you will be asked to attend another assessment (or discharge) appointment, in person.

## What do other patients say about COVID rehabilitation?

- “Being in an environment with other people having the same experience as you, allows you to share knowledge and find things that work for you”.
- “It's been a fantastic aid to my recovery - physically and mentally”.
- “I would strongly recommend the COVID rehabilitation programme. Speaking to members of the team made me realise that there were some things I was doing incorrectly. As well as improving your physical strength, it looks at various aspects to help in your recovery with long COVID. I found it helpful to talk to others about their experiences with long term effects from COVID.”

## What do lung doctors say about COVID rehabilitation?

- “Although the programme has only been running for a short time, it shows promising improvements which is encouraging”.

**Professor Sally Singh, Head of Cardiac and Pulmonary Rehabilitation**

- “Early findings show patients with lasting COVID symptoms have improvement after attending the supervised rehab programme”.

**Dr Enya Daynes, Research Associate in Pulmonary and COVID Rehabilitation**

## What if I'm unable to attend my appointment?

If you do not wish to attend, or cannot make your appointment, please contact the department as soon as possible. This means we can either rearrange your appointment or give the appointment to another patient.

Pulmonary Rehabilitation Department Tel: **0116 258 3181**.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Leicester's Hospitals is a research active trust so you may find research happening on your ward or in your clinic. To find out about the benefits of research and become involved yourself, speak to your clinician or nurse, call 0116 258 8351 or visit [www.leicestersresearch.nhs.uk/patient-and-public-involvement](http://www.leicestersresearch.nhs.uk/patient-and-public-involvement)