

Pulmonary Rehabilitation

The SCH Pulmonary Rehabilitation Service which covers both East and West CCGs. Providing a twice-weekly, six week programme of evidence based exercise therapy and education. Patients have pre- and post-course individual assessments and a telephone follow-up at three months.

Our aim is to encourage self-management resulting in increased confidence, understanding and control of COPD symptoms.

Referrals

We accept referrals via the Care Coordination Centre from GPs, consultants, practice nurses and other health professionals for patients with a confirmed diagnosis of Chronic Obstructive Pulmonary Disease. Patients are not able to self-refer. Clinicians will find the referral form [on this page](#).

Patients should contact their GP to request a referral to this service.

Locations

We have three teams covering Suffolk consisting of physiotherapists and assistant practitioners. Programmes are offered in:

- Ipswich
- Suffolk Coastal (Saxmundham, Aldeburgh, Leiston)
- Woodbridge
- Felixstowe
- Bury St. Edmunds
- Eye
- Brandon
- Stowmarket
- Sudbury
- Newmarket
- Haverhill

Further info/links

<https://www.blf.org.uk/Page/Pulmonary-rehabilitation-PR>