

PRESS RELEASE – June 13th, 2018

Patients with lung conditions urged to take the LEEP

South Tynesiders are being urged to take the LEEP – and find out about South Tyneside District Hospital's pulmonary rehabilitation programme for patients with lung conditions.

LEEP stands for Lung Exercise and Education Programme and during Pulmonary Rehabilitation Week, June 18th-22nd, respiratory nurse specialists will be explaining how it works. They will also be offering advice on managing conditions, including Chronic Obstructive Pulmonary Disease (COPD), and symptoms.

On Monday, June 18th, members of the public, as well as healthcare professionals, will be able to see pulmonary rehabilitation in action in the physiotherapy gym at South Tyneside District Hospital between 1pm and 3pm. On Tuesday, June 19th, the team will be at Palmer Community Hospital, Jarrow, 9.30am-noon, giving information and advice.

South Tyneside NHS Foundation Trust's pulmonary rehabilitation team is made up of trained healthcare professionals. As well as the respiratory nurse specialists, there is an exercise trainer, and they have the support of an occupational therapist, a dietitian and a physiotherapist.

The LEEP group courses last for six weeks, with two sessions of about two hours each week which are held in the physiotherapy gym. Patients are referred following hospital treatment or by their GP.

Respiratory Nurse Specialist Bev Robson said: "LEEP is a physical exercise programme specifically designed for patients with lung conditions and tailored to meet their individual needs. If you have a lung condition being active can help to improve your quality of life and help you manage your condition.

“Pulmonary rehabilitation is a good way to learn how to exercise safely and at the right level for you. Most people enjoy the course which builds their confidence and also presents an opportunity for them to meet others in a similar situation.”

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