

Donna's Story September 2022

Service name: Pulmonary Rehabilitation

Main purpose of service: Locala's Pulmonary Rehabilitation team works with patients who have reduced their daily activity because of difficulty breathing. Pulmonary rehabilitation helps people re-gain confidence and a level of fitness they need, to do the everyday activities that matter to them.

About the person:

Donna ran a busy Pie business. Now 63 years of age, she has had to slow down due to Chronic Obstructive Pulmonary Disease (COPD) and emphysema. She shielded during Lock Down as she is prone to chest infections. She lives with her husband and enjoys going to the races with her family.



Referral:

Donna was referred to the Pulmonary Rehabilitation Service by her Respiratory Consultant. **"I've actually already done the programme twice before. I've benefitted each time and learnt more each time. They do a fantastic job!"**

Routine:

Donna explains that she had become unfit, and her mood was low. **"It felt that life was not worth it."** Although Donna acknowledges that many patients would prefer to complete the Pulmonary Rehabilitation programme together, at a centre, she feels differently. **"Because of Covid measures, they came to see me at home this time. It's kept me going. The team are fantastic! They understand what you are going through. With them coming here, I got into the routine of doing exercises at home and I've really stuck with it this time. I benefitted more by them coming to my home. Phone calls - well, they are a brilliant team - and they are very understanding. They understand when you are having a bad day."** Donna continues, **"When I got a bit bored with the routine, they helped me adapt it and changed it to suit me. They listened to my ideas."**

Confidence:

Having spent so much time shielding, Donna was nervous about going to places again. **"Heather and Anne [Pulmonary Rehab Team] gave me confidence to get out and about. The programme gives you motivation and more energy to get back out in the car and do things again. I was always so independent. The team gave it me back."** Donna has recently enjoyed a day at the races and a Diana Ross concert. **"I do still get frightened, but I have a good family – they took me to the races in a wheelchair."** As well as trips out, Donna's increased stamina means she is enjoying the simpler things in life too. **"I feel a lot fitter. I can go to the supermarket on my own now and I help with my 2-year-old grandson. I can peg washing out and fold laundry. I couldn't do that before. I can wash my own hair again. Doing my hair is very important to me. I like driving again– it's good not to have to be driven everywhere by my husband. And he loves me cooking again! It's given me a reason to live. I was able to do Sunday lunch for 12 for his birthday. He wants to say thank you to the team as well!"**

Donna shared her story with Joanne Vaughan on 9.9.22 and consents to sharing widely.