

## Margaret's Story February 2021



**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:** Margaret is 75 years old and is a retired telephonist. Margaret enjoys trips to the hairdressers and meeting friends at their social club. During the pandemic, she has appreciated being part of a local community where she has known many neighbours for years. She has been able to see her family, all be it for socially distanced visits and keeps in touch with people over the phone and with WhatsApp. Margaret has COPD (Chronic Obstructive Pulmonary Disease) and attends the COPD clinic. She has just completed an 8-week programme with the Pulmonary Rehabilitation Team.

Margaret and friends celebrate her husband's life every year at their club. He was a Master Baker and ran a local bakery and confectionary business.

**Getting started:** Margaret explains how she found out about the Pulmonary Rehabilitation course, *"I'm so pleased I put my name forward. The doctor at the COPD clinic asked me if I would like to try some exercises."* This was just before the first lockdown, and so although Margaret was referred to the service, the Pulmonary Rehabilitation team were unable to offer her a place in an exercise class. *"I had a phone call from Helen asking if they could come to see me at home instead. They are lovely ladies. You know! As soon as they walked in, I knew they were lovely. That means a lot to me! But actually you can hear a smile over the phone."* Margaret was impressed by the team's good manners and how they put all PPE (Personal Protective Equipment) on before coming into her home, *"They didn't even touch the doors."*

**Exercises:** Margaret describes the team as *"fabulous, super ladies"* and says, *"It's great when they come to see you."* She admits she often finds the exercises very funny. *"I giggle when I do the exercises. I'm stood at the kitchen sink going up and down and wondering if passers by are thinking... 'what is she doing?'"* Margaret feels that being able to have fun with the team helped. *"A good laugh definitely helps you get better....it means it's comfortable, it's a pleasure. It's entertaining."* She continues, *"Whenever they came I got better every time."* Margaret found that she was so relaxed after the first exercise session, she fell asleep in her chair.

**Feeling the difference:** Margaret says she is surprised how much the exercises have made a difference. She is confident that the exercises are *"doing the world of good"* and that she can walk further now before having to rest because of breathlessness. *"I used to have to stop halfway when I went to the post office."* Margaret plans to continue with the exercise regime and to walk around the car park where she lives when the snow and ice is gone.

**Encouraging others:** When asked if the team could have done anything better, Margaret replies, *"Nothing at all. I am so enamoured with them. I can't fault them."* And finally, what would Margaret tell others who are offered the service? *"I would tell them that it's an easy exercise regime. It helps. It doesn't just help your breathing, it helps your body. It's a wonderful thing for those with COPD. I feel stronger."*

