

Patient information
Lung Optimisation Clinic
Respiratory Department

Appointment details:.....

Why have I been referred to the lung optimisation clinic?

It has been recommended by your medical team that you attend the lung optimisation clinic alongside your other planned medical interventions.

The lung optimisation clinic takes the principles of prehabilitation which aims to improve your strength, fitness and lifestyle prior to medical treatment.

It gives you a better understanding of your condition, investigations and treatment. It is designed to help patients take an active role in their care and improve overall wellbeing.

What will happen during my appointment?

You will be reviewed by a lung nurse specialist who will complete a holistic assessment. This will include lifestyle screening, your current activity levels, nutritional status, mental wellbeing and an assessment of any current respiratory conditions.

A treatment plan will be made on your individual needs and abilities.

You may be given an exercise and nutritional plan to complete at home or be referred to community services if required.

Follow up appointments will be made on your individual needs.

Do I need to bring anything with me?

It is advisable to attend the appointment in loose, comfortable clothing and well-fitting footwear that has a good grip.

Please bring a list of your current medication and any inhalers that you currently take.

You can attend the clinic alone or bring a friend or relative with you.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any questions relating to this information leaflet you can contact the Lung Nurse Specialists on 0151 529 3657

Text phone number: 18001 0151 5293657

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Cheshire & Merseyside
Cancer Voices
CHESHIRE & MERSEYSIDE CANCER ALLIANCE

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوهندیدار بهو نهخوشانهی له لایمن تراستهوه پهسهند کراون، نهگهر داوا بکریت له فورماتیکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نهلیکترونیکی هیهه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.