

Patient information factsheet

The Respiratory Centre (TRC) outpatient physiotherapy service (adults)

We have given you this factsheet because you have been referred to The Respiratory Centre (TRC) outpatient physiotherapy service. It explains what TRC outpatient physiotherapy service is, what the service offers and what to expect at your first appointment. We hope it helps to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this factsheet.

This factsheet is for information only. We will send your appointment letter separately at a later date.

What is TRC outpatient physiotherapy service?

TRC outpatient physiotherapy service provides specialist treatment and support to people with a lung condition.

Most of the people who are referred to our service are already under the care of the respiratory medicine team at Southampton General Hospital (SGH). However, some people are referred directly to our service by their general practitioner (GP) or respiratory nurse.

Our team is made up of a number of specialist physiotherapists (healthcare professionals who are trained to provide physical therapy that focuses on assessing and treating disorders of the respiratory system).

We support people with various lung conditions, including, but not limited to:

- chronic obstructive pulmonary disease (COPD)
- bronchiectasis
- asthma
- breathing pattern disorders
- chronic cough
- long COVID (post COVID-19 syndrome)
- interstitial lung disease (ILD)

Our service is located in TRC, which is on D level, West Wing at SGH.

What do we do?

Our specialist physiotherapists:

- provide support to people who have a range of breathing and respiratory symptoms that may be impacting on their day-to-day lives (these may be acute (sudden) or chronic (long-standing) symptoms)

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- work alongside the respiratory medicine team at SGH to treat and manage breathing and respiratory symptoms that cannot be managed with medication alone
- help to empower people towards effective long-term self-management of their symptoms
- provide advice and support with a variety of breathing and airway clearance techniques

Support with symptoms

We can help with a range of symptoms which include, but are not limited to:

- **Excess sputum (phlegm)**

We will show you how to correctly perform airway clearance techniques such as the 'active cycle of breathing technique (ACBT)', if applicable. For more information, visit the Asthma + Lung UK website and search 'phlegm': www.asthmaandlung.org.uk

- **Disordered breathing**

We will go through breathing retraining and awareness with you, if applicable. For more information, please read our 'Breathing pattern disorders' booklet:

www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Respiratory/Breathing-pattern-disorders-patient-information.pdf or view our useful breathing retraining videos online here: www.uhs.nhs.uk/departments/respiratory/respiratory-centre/difficult-asthma-service

- **Breathlessness**

We will show you a number of breathlessness management techniques, if applicable. For more information, visit the Asthma + Lung UK website and search 'breathlessness':

www.asthmaandlung.org.uk

- **Chronic cough**

We will show you how to correctly perform cough suppression techniques, if applicable. For more information, visit the Physiotherapy for Breathing Pattern Disorders website and download the 'All about Cough Control' leaflet: www.physiotherapyforbpd.org.uk

What will happen during my first appointment?

Your first appointment with the physiotherapist will be either a face-to-face appointment at the hospital or a telephone or video appointment. We will send you an appointment letter with more details.

The appointment will usually last around 45 minutes.

During this appointment, we will:

- ask lots of questions about your symptoms and other aspects of your life
- complete a couple of questionnaires with you
- observe your breathing
- perform a physical assessment (if appropriate)
- work with you to set a treatment goal
- develop a treatment plan with you

At the end of this appointment, we will arrange any necessary follow-up appointments to help you meet your treatment goal. Please note that follow-up appointments may be face-to-face at the hospital or virtual via telephone or video (this will depend on your personal preference and the type of appointment you need).

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Some people may not need any follow-up appointments. We will discuss this with you at your first appointment. Alternatively, we may discuss referring you on to other services who may be more suitable for your needs, if appropriate.

Please note that you do not have to attend any physiotherapy appointments if you do not wish to and you can withdraw from the service at any point. Please contact us if you would like to cancel your appointment or withdraw from the service.

What should I do if my problems and/or symptoms have improved and I no longer need support?

Sometimes, changes in treatment or simply using the self-help links we have included in this factsheet (see 'Useful links' section below) will resolve your symptoms. If you feel you no longer need specialist support from our team, please contact us. If we are unable to answer your call, please leave a message with your name, hospital number and a brief reason for why you no longer need our service. We will then cancel any booked appointments you have with us and discharge you from our service.

Alternatively, you can cancel your appointment online via this form:
www.uhs.nhs.uk/contact/change-or-cancel-your-appointment

Contact us

If you have any questions or concerns, please contact us.

The Respiratory Centre (TRC) admin support team
Telephone: **023 8120 4325** (Monday to Friday, 8am to 4pm)

Useful links

We have included a list of resources and self-help tools below that you may find helpful while you wait for your physiotherapy appointment.

Asthma + Lung UK
Telephone: **0300 222 5800**
Website: www.asthmaandlung.org.uk

Physiotherapy for Breathing Pattern Disorders
Website: www.physiotherapyforbpd.org.uk

Breathing Freely (self-help and self-assessment)
Website: www.breathetrain.co.uk

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**