

## Therapy

# Advice Sheet for Respiratory Patients

### Introduction

While in hospital, you tend to be more inactive and can be at risk of having sputum on your chest and developing a chest infection. This advice will help you to prevent/ reduce the risk of complications such as decreased mobility and chest infection during your hospital admission.

This advice will also help your recovery if you already have a chest infection.

### Walking

It is important to stay mobile and active whilst in hospital.

When in bed resting, you should maintain a good position and avoid being slumped, as this squashes the bottom of the lungs and affects your breathing.

You should try to maintain your normal daily routine; get out of bed, get washed and dressed, use the toilet in the bathroom and sit out in a chair for periods of time, especially at mealtimes. You should also get up and walk regularly throughout the day, little yet often, gradually increasing the distance as able, aiming to get back to the level you were at home. All these activities will help to keep your joints mobile and muscles strong, so that you can return home with the same mobility as when you came into hospital. This will also help your chest and secretion clearance by enabling you to take deeper breaths, getting air all the way to the bottom of your lungs, and shifting any secretions as you move.



## Patient Information

If you are having difficulties with walking, please let a member of staff know as soon as possible. If you normally walk with a walking aid and have not got it with you, the staff on the ward can provide you with one to use during your stay. It is likely in these instances that you will be seen by the Therapy team; please follow their advice with regards to how far you should walk, what mobility aid you should use and any help that you need. This will be reviewed as required.

If you are having difficulties with sputum, breathlessness and/ or fatigue please let a member of Therapy staff know and they can discuss ways to help you.

## Rest

Although you should get up and move around regularly, it is also important to rest to help your recovery. Try to get good periods of regular sleep. Try to have set times for rest and relaxation. You will have good and bad days, and this is normal in your recovery, do not be disheartened and listen to your body.

## Hydration

It is important to make sure you are drinking enough water, as this supports your secretion clearance and promotes recovery.

If you have been placed on a fluid restriction, you should follow the most recent advice given to you by the medical team.

## Respiratory and Cough Hygiene

It is essential to follow correct hygiene practice to help prevent the spread of colds, flu and other respiratory infections.

When you cough or sneeze, cover your nose and mouth with a clean tissue. Avoid using handkerchiefs or reusing tissues, as they can contaminate pockets or handbags which then re-contaminate hands. Do not cough or sneeze into your bare hands. If you do not have a tissue, use your upper sleeve or elbow. Dispose of the tissue into the nearest domestic waste bin straight away.

## Patient Information

After coughing or sneezing, always clean your hands; either using soap and warm running water for 20 seconds, or if this is unavailable using alcohol hand rub or hand wipes. Avoid touching your eyes, nose or mouth.

If you feel unwell, stay at home. If you feel unable to cope with your symptoms or are getting worse, ask for help from your GP or call 111. In an emergency call 999.

If you have any concerns or queries regarding your exercise, please ask a member of staff for advice on **024 7696 6013**.

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact the Therapy Department on 024 7696 6013 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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