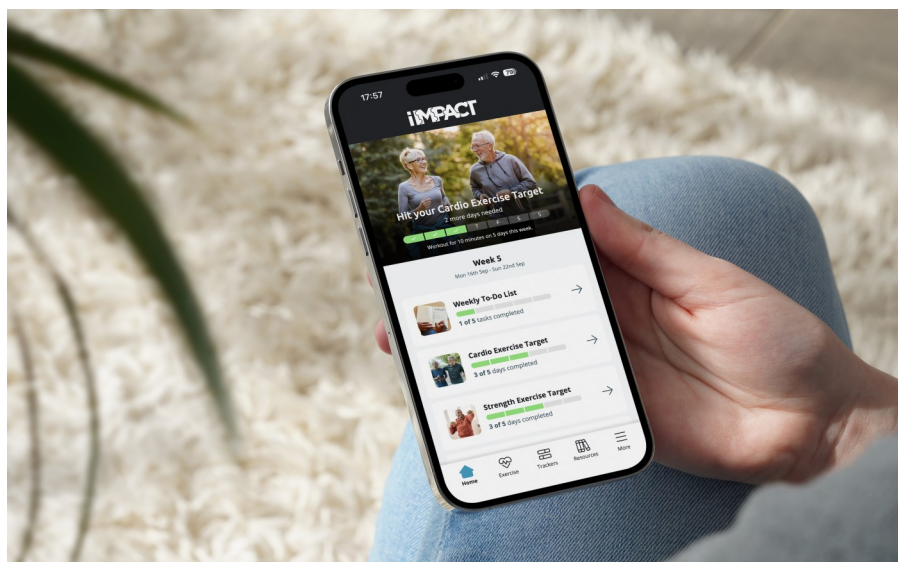




**Individualised self-Management Programme  
for long-term Conditions**



## What is i-IMPACT?



Cardiac



Respiratory



Covid

### The online solution to Pulmonary Rehabilitation

**i-IMPACT (Individualised self-Management Programme for long-term Conditions)** is an online self-management programme that is individualised for people with a long-term cardiac, respiratory or Covid condition.

**i-IMPACT** offers a comprehensive range of educational resources. It provides advice and support for individuals to:

- Reduce breathlessness
- Improve their general health, level of fitness and ability to carry out the daily activities that are important to them.
- Educate them about their condition and help them to control the symptoms of their condition
- Improve their levels of confidence and quality of life

#### Our programme allows users to:

- Keep an exercise diary
- Create personal goals
- Access disease specific educational resources
- “Ask a Healthcare professional”

Access the programme from a computer, tablet or smartphone.  
Contact Pulmonary Rehabilitation for more information.  
Email: [i.impact@uhl-tr.nhs.uk](mailto:i.impact@uhl-tr.nhs.uk)

Web-based rehabilitation solutions from the  
Centre for Exercise and Rehabilitation Science  
(CERS)



**CERS**  
Centre for Exercise and  
Rehabilitation Science

### What do patients say?

*“Being able to do it from home means you don’t have to worry about travelling to a venue or attend a session especially if you are unwell.”*

*“You shouldn’t use the web programme as an excuse to not go & exercise, I would of had a double bus journey to get to a face to face session, I can manage easily with the web programme and it was the motivator I needed, weekly reminders to keep going.”*

*“I would indeed recommend the web programme as a rehab option as a very good alternative for those who can’t access the gym based options; its motivational with encouraging rewards and messages”*

*“There is lots of information in bitesize chunks that is helpful.”*

### What do staff say?

*“Having the programme allows choice for those patients that might not be able to attend due to other commitments or who don’t feel comfortable exercising in large groups. For these patients it seems to work well.”*

*“Incorporate the programme as part of what you already offer to patients. It seemed daunting to start with because it seems like extra work, but in actual fact it’s not if you just make it part of what you’re already doing.”*

This programme has been developed by a range of multidisciplinary rehabilitation healthcare specialists, wider experts and patients to manage their symptoms more effectively and reduce the impact of their condition on day-to-day life.

University Hospitals of Leicester Pulmonary and Cardiac Rehabilitation departments have over 10 years of experience in delivering web-based programmes such as Activate Your Heart, SPACE for COPD and Your Covid Recovery.

The research has shown the programmes to increase user’s knowledge around their condition, exercise performance and quality of life.

University Hospitals of Leicester **NHS**  
NHS Trust

*Caring at its best*