

# Prepare for PR checklist



## 10 steps to get ready

### When I'm referred to a PR assessment

- 1** I'll read this booklet or watch the video summaries.
- 2** If I have any questions about taking part in PR, I'll write them down to ask my PR team.
- 3** I'll make a list of things I'd like to improve at PR, for example, feeling less breathless or improving my symptoms.

### When I'm invited to my assessment

- 4** I'll check that I'm available on the day of my appointment and put it in my diary or set a reminder.
- 5** I'll think about if I want somebody to come with me, and check that they're available.
- 6** I'll plan how to get to my appointment. If I need help to get there, I'll ask my PR team if they can help with transport.

### On the day of my assessment

- 7** I'll wear comfortable clothes and flat shoes or trainers.
- 8** I'll take any medicines or treatments with me that I may need to use during the session. If I use inhalers, oxygen or glyceryl trinitrate (GTN) tablets or sprays I'll bring them.
- 9** I'll make sure I've got anything else I might need with me, like water or a soft drink. If I use things like reading glasses, a handheld fan, hearing aids or a walking aid, I'll bring them too.
- 10** I'll remember my list of questions for my PR team.