

# PULMONARY REHAB

## What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is an 8 - 12-week program of exercise, education, and support designed specifically for people who suffer from shortness of breath due to a chronic lung disease. Patients with chronic obstructive pulmonary disease (COPD), chronic bronchitis, asthma, emphysema or other lung conditions may benefit from this structured program. Pulmonary rehab helps patients maximize their energy level and improve their overall health and well-being.

## What are the program components?

Sessions are offered twice a week—Tuesdays and Thursdays—for one hour. With the help of a team of health care professionals, you will benefit from the following program features:

- **MONITORED EXERCISE:** Patients have access to Saint Elizabeth's Wellness Center where they are monitored by a registered nurse and exercise specialists/physiologists. Exercise on treadmills, bikes, Nu-steps, and other fitness equipment help to increase your endurance. Strength training using weights build your strength, and stretches improve range of motion and flexibility. While you are exercising, your blood pressure, heart rate, and oxygen levels are carefully monitored.
- **EDUCATION:** Classes are held weekly, which provide information about your lung condition. Classes are open to patients, family members, and other support people. Topics include:
  - Medications
  - Nutrition
  - Physical conditioning
  - Energy conservation
  - Relaxation techniques
  - Breathing techniques and retraining
  - Oxygen therapy
  - Preventing infection
- **SUPPORT:** Patients learn from each other and are encouraged to share experiences. They exercise together and attend classes in a group setting. This supportive environment enhances the rehabilitation process.

**To learn more about the program, call 651-565-5519.**

### Program Benefits

- Improved quality of life
- Increased energy, endurance, strength, and independence
- Reduction in shortness of breath
- Decreased in feelings of anxiety, panic, and depression
- Increased understanding of disease process
- Reduction in number and duration of hospital stays

### Admission Criteria

- Patients are referred by their physician.
- Recent (within 90 days) physical exam by referring physician.
- Pulmonary Function Test (PFT) within one year prior to initiating rehab.
- Nonsmoker or willing to participate in smoking cessation program.

### Insurance Coverage

Medicare, MA, and other insurances often cover the costs of pulmonary rehab. To determine specific coverage, patients are encouraged to contact their insurance company.