

## OUR GOAL FOR YOU

Our goal is to provide you with the skills and knowledge needed to live better with chronic lung disease. You will also find support and understanding from the pulmonary rehabilitation staff and other members of your group.

We encourage you to join the monthly “Better Breathers” support group and to join the weekly maintenance exercise group after you have completed the program.

## FINANCIAL INFORMATION

Our program is reimbursable through most major insurance companies. Prior approval may be required in some instances. The Pulmonary Rehabilitation Coordinator will help you check your individual insurance plan before your pulmonary rehabilitation program begins.

We also offer a financial assistance program at Cheshire Medical Center and a Pulmonary Rehabilitation scholarship fund.

## CONTACT US:

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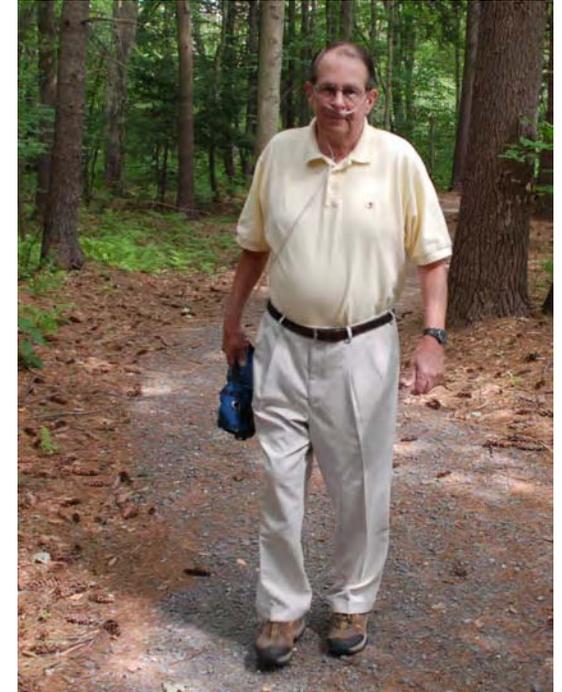
Farnum Rehabilitation Services are managed in affiliation with Healthsouth Corporation.

## The Farnum Rehabilitation Center

Cheshire Medical Center  
Dartmouth-Hitchcock Keene

580-90 Court Street, Keene, NH 03431

# The Farnum Rehabilitation Center



*“The Pulmonary Rehab Program has taught me how to lead a fuller life with COPD. Because of the exercise program, learning about breathing techniques, medications, and stress management, I have definitely been able to maintain a healthier life style.*

*Also, the friendships developed over the years has made the program very enjoyable. None of the above could have been accomplished without the caring and dedicated staff.”*

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Dartmouth-Hitchcock Keene

580-90 Court Street, Keene, NH 03431  
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# Farnum Rehabilitation Center's Pulmonary Rehabilitation Program

Our Pulmonary Rehabilitation program is a comprehensive exercise and educational program for those individuals living with chronic lung disease.

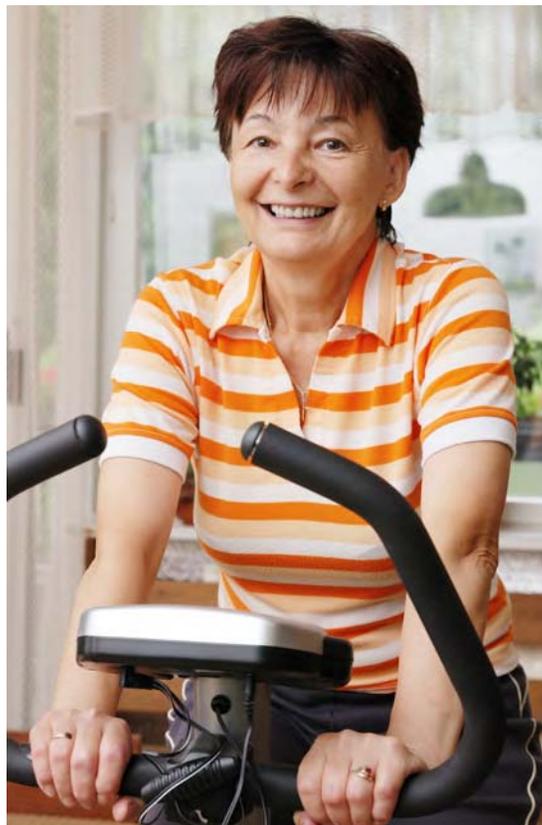
If you have been diagnosed with COPD, emphysema, chronic bronchitis, asthma, pulmonary fibrosis, or any other chronic lung disease, your physician can refer you to our program.

Beginning with a complete evaluation by the pulmonary rehabilitation team and medical director, we will tailor an individualized education and exercise program to help participants understand and cope with their disease and function more comfortably and independently.

## THE PROFESSIONAL TEAM APPROACH

The pulmonary rehabilitation team is associated with other medical professionals at Cheshire Medical Center. The participants include:

- Medical Director/Pulmonologist
- Pulmonary Rehab Coordinator
- Registered Respiratory Therapist
- Occupational Therapist
- Physical Therapist
- Registered Dietitian
- Pharmacist
- Social Worker
- Psychologist



## GETTING STARTED

Those participating in the program are referred by their physicians. Participants must be medically stable and motivated to enhance their quality of life.

Once a physician referral is made, the Pulmonary Rehabilitation Coordinator will contact you to discuss your future rehab program. You will be evaluated before rehab by the Medical Director, the Respiratory Therapist and Physician Therapist. There may be some testing involved before rehab. This may include pulmonary function tests, labs and a chest x-ray.

## INDIVIDUALIZED EXERCISE PROGRAMS

Our program consists of 24 sessions that include an exercise program designed specifically to fit your appropriate level of activity. The exercise program will use both upper body and lower body exercises and stretches. The exercise machines available include arm and leg ergometers, treadmills, nustep, bikes, rowing machines and elliptical machines.

Respiratory therapists and physical therapists will monitor your heart rate, blood pressure, oxygen saturations and ratings of shortness of breath. Each session will include warmups, aerobic conditioning, upper body strength training and a cool down. The exercise workload will be based on your beginning evaluations and will be increased as you progress through the program. You will also participate in individualized strengthening using therabands, hand weights and Cybex equipment led by the Physical Therapist.

## WHAT ELSE WILL HAPPEN?

The non-exercise portions of the program include stress management, group support and education on various topics including:

- breathing retraining
- activities of daily living
- warning signs of infection
- medications/inhaler use
- nutrition
- energy conservation
- respiratory system
- oxygen use
- anxiety/depression