

Program Overview

Introduction-

Individuals living with chronic lung disease such as COPD (Emphysema, Chronic Bronchitis) and restrictive disease (Pulmonary Fibrosis) are often unable to fully participate in their own lives and the lives of their family and friends. Treatment is often confusing and frustrating for patients and those that care for them at home. TCMC's Pulmonary Rehabilitation Program offers a comprehensive outpatient program to serve the needs of the chronic lung disease patients in our community. Our goal is to improve the comfort, function and understanding for our patients that struggle with this challenging disease. Both quality of life and functional ability can be improved through attendance in the pulmonary rehabilitation program. The family is also encouraged to attend the sessions to receive training, education and support in caring for their loved ones by the rehab staff and guest speakers.

“Tomorrow’s goals can only be attained by what we have accomplished today.”

Program Outline:

The Pulmonary rehabilitation program at TCMC is designed for patients with chronic respiratory disease (COPD, Emphysema, Asthma, Chronic bronchitis, Interstitial Lung Disease, Pulmonary Fibrosis and other conditions). The program combines education and group support with therapeutic exercise into a comprehensive 8 week program. Our goal is to help patients understand and cope with the disease and function more comfortably at home.

Preadmission Evaluation: Upon a doctor's referral, the coordinator will provide and respiratory evaluation and explanation of your upcoming program. You will then be seen by a physical therapist and the medical director of the program. The healthcare professionals will evaluate your current level of functioning and design an individualized exercise program to meet your needs. Your pre-rehab testing may include full pulmonary function studies, laboratory tests and chest x-ray. The rehab team is available to answer any questions or concerns you may have before initiating your program.

Program Summary: 8 week program: During your first session, you will begin an orientation to your program. This includes demonstration of stretches, aerobic machines, lower and upper extremity exercise. Thereafter, a progressive exercise program will occur at each session. Your exercise program is based on your initial evaluation by the respiratory therapist, physical therapist and medical director. Some activities will take place individually and other in a group format with your other class members, all dealing with similar breathing problems. You will come to the program 3 days a week on Tuesday, Thursday and Friday. Your exercise session will be preceded by either an education or training session designed to help you achieve your goals and address your limitations. The rehab staff will also prescribe a home exercise program to initiate 1-2 additional times a week once you are stronger and feel comfortable with exercise. Your exercise rehab program will start slowly and progress toward your goal each week. It will consist of aerobic conditioning activities such as walking laps, treadmill, exercise bicycle,

Nustep, and upper arm ergometer followed by other exercises to improve your strength and endurance. Attention will be given to both upper and lower body muscle groups with use of light weights or theraband 2 days a week and on Cybex strengthening equipment once a week.

Educational lectures and activities will cover a wide range of topics designed to help you fully understand your disease and give you the information you need to improve function and feel better. During each session, you will have the opportunity to share your questions and concerns with others dealing with similar challenges as well as the staff. Your progress will be continually monitored and adjustments made to your program based on your reaction to the exercise at each session.

Our goal is to provide you with the skills and knowledge you will need to live better with chronic lung disease.

A Customized Program for Every Patient

The pulmonary rehabilitation program is individualized for each participant. The team will discuss your needs after evaluations are completed and determine an initial plan of care and exercise prescription for you to start the program.

A workbook will be given to you along with questionnaires, the rehab phone number and dates and times for your rehab program upon your initial evaluation with the coordinator.

Educations sessions are 1 hour long and include discussion, videos, and written handouts and, of course, time to answer your questions. We encourage you to ask questions! We can help you better that way!

The education sessions include:

respiratory physiology
disease management
breathing retraining
exercise
energy conservation
respiratory medications
managing secretions
oxygen use
relaxation
inhaler use
anxiety and depression
warning signs
avoiding irritants

Exercise sessions are:

- Tuesday/Thursday for 1 1/2 hours and include warm up, stretching, aerobic conditioning, strengthening and cool down. Friday for 1 hour and include warm up, Cybex strengthening machines and cool down. During each session you will

work at your own speed and tolerance at workloads prescribed by the Pulmonary rehabilitation team. Your endurance will improve as you become conditioned in a safe and supervised environment.

- A physical therapist monitors your tolerance to exercise and makes adjustments as necessary. A respiratory therapist monitors your oxygen level, level of breathlessness and vital signs. All team members help you keep your breathing under control!
- We expect you to notify us of any troubling signs or questions you have, so we can adjust your exercise appropriately for that session.
- The rehab staff will help you monitor your heart rate and "ratings of perceived Dyspnea" during your exercise session to help you develop self-management techniques for use at home and after your program.

Treatment Plan and Program Evaluation:

- The medical director and rehab coordinator are in close contact throughout your program, and will ensure a safe and positive experience for you. Please feel free to ask questions at anytime. We encourage your family to attend these sessions if they want to be involved.
- We encourage you to voice your opinion of the rehab program at anytime. We find the participants have the best ideas and make the program better for upcoming classes.
- Your regular physician will receive several progress reports on you as well as a discharge summary. If the medical director feels a change is needed in your regular medications, she will contact your physician personally for you.