

Pulmonary Rehabilitation

Acute and chronic lung diseases can damage lung tissue and airways. This damage can cause difficulty in breathing and a decrease in physical activity. Psychological depression associated with a lack of activity is an often seen component of pulmonary disorders.

Scottsdale Healthcare's Pulmonary Rehabilitation offers outpatient treatment programs to improve the quality of life and functional capacity of patients with lung diseases and disorders.

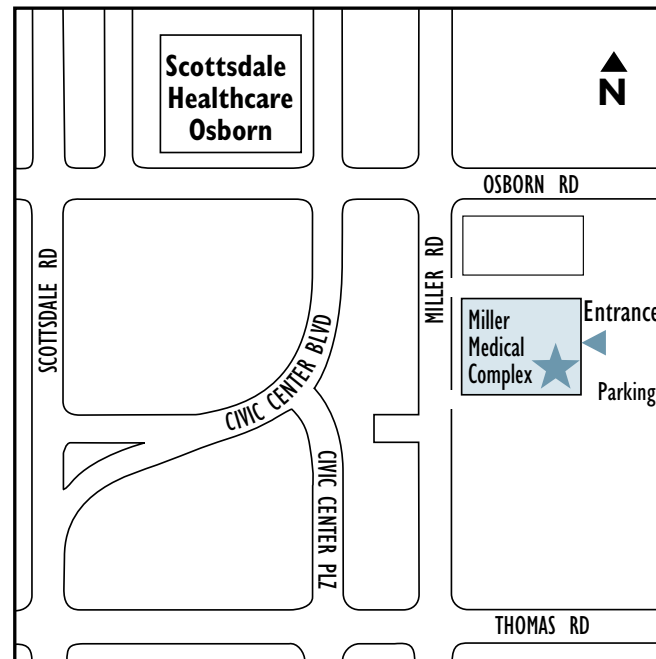
The goals of Pulmonary Rehabilitation are:

- *To manage symptoms of respiratory impairment*
- *Decrease the number of instances of respiratory distress*
- *Optimize functional lung capacity*
- *Maintain independence in activities of daily living (ADLs)*
- *Improve the dynamics of respiration through breathing retraining*
- *Provide a supportive environment for the patient and family to learn to cope with the problems inherent in lung disease processes*

For more information

The Outpatient Pulmonary Rehabilitation program is held on Tuesdays and Thursdays from 12-3 p.m. For more information or to schedule an appointment, call us at:

(480) 675-4550



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**Outpatient Pulmonary Rehabilitation
Cardiac Rehab & Fitness Center**

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Outpatient
Pulmonary
Rehabilitation

OUTPATIENT
GUIDE

Outpatient Pulmonary Rehabilitation

The program

The Pulmonary Rehabilitation program is based in the Cardiopulmonary Rehabilitation & Fitness Center, near the Scottsdale Healthcare Osborn campus. It is a supervised, medically prescribed exercise and education program, consisting of 2 sessions a week.

In order to join the program, you must have a prescription from your physician. Your physician will continue to provide your primary care.

Exercise evaluation

Before entering the exercise program, you will be given an exercise evaluation. This evaluation consists of a 6 or 12 minute walk. During the walk, you will be connected to telemetry equipment to monitor your cardiovascular response to exercise and to an oximeter to monitor your oxygen saturation levels.

Exercise therapy

A suitable exercise program, based on the results of the initial evaluation, is designed to improve your circulatory system's use of oxygen and increase your endurance. The program uses several exercise options, including treadmill, stationary bicycle, arm ergometers, resistance training and stretching to improve strength, flexibility and endurance.

Throughout the sessions, specially trained staff will supervise your progress, making adjustments to the exercise program as needed.

As you progress, your exercise program is supplemented with a home program. You track your exercise regime in an exercise diary, which is reviewed and modified as necessary during your bi-weekly visits to the center.

Education and emotional support

Education is an important part of your program. Weekly sessions focus on breathing retraining, as well as diseases of the lung, bronchial hygiene and infection control, proper use of Metered Dose Inhalers (MDIs) and spacers, energy conservation, relaxation and panic control, respiratory equipment and traveling with oxygen.

Pulmonary health team members

Pulmonary health team members are a highly qualified group of professionals, representing various health care services. The pulmonary rehabilitation program is under the direction of a physician-director and is supervised by a registered nurse.

Staff members include registered nurses with Advanced Cardiac Life Support (ACLS) certification, respiratory therapists and exercise physiologists. They will assist you with your exercise program and education. A dietitian is available to assist with nutrition and weight control. A social worker aids with the psychological needs of patients and their loved ones.

