

# Pulmonary Rehabilitation

## What is pulmonary rehabilitation?

Pulmonary rehabilitation is designed to help people living with lung disease. Lung disease can affect many aspects of a person's life, and coping with it can be a lifelong process. Those who participate in the program can expect to learn skills to make their daily activities easier and in return reduce hospital stays. The program is overseen by a medical director and includes staff trained as respiratory therapists, exercise physiologists and registered nurses.

## Who qualifies?

Patients who can benefit from the program include those who are living with:

- Emphysema
- Chronic bronchitis
- Chronic obstructive pulmonary disease
- Asthma
- Pulmonary fibrosis
- Recovery from lung surgery

## Getting started

Patients must be referred to the program by their doctor. Those who wish to take part in the program should talk to their doctor or pulmonologist.

Most major insurances cover pulmonary rehabilitation, but you may wish to confirm your coverage with the insurance company before starting the service. The pulmonary rehab staff can help you contact your insurance company as needed.

## What to expect

The program begins with a review conducted by the program staff to determine what activities and education are most relevant to you and help you establish goals for the program.

Each patient's program is specific to the needs and goals of that patient. The program will include supervised exercise and education regarding topics related to lung disease.

Education topics may include any of the following:

- How the lungs work
- The COPD process
- Breathing techniques
- Supplemental oxygen
- CPAP
- Exercise basics
- Nutritional needs
- Social support
- Stress reduction/avoiding panic with breathlessness
- Bronchial hygiene
- Secretion clearance
- Medications/Inhalers/Nebulizers
- Avoiding smoking
- Environmental hazards
- Energy conservation
- Home equipment and travel
- Advanced directives

## Maintenance

Program staff will strongly encourage continuing with an exercise routine once the rehab program is completed. The staff can find you appropriate activities to participate in upon graduation. Home programs are an option that the staff can help you develop. Some people prefer to continue in a more managed setting. For those who wish to continue exercising in a managed setting, the WellCare program is available through the Center for Health Improvement. The rehab staff can help you decide what will be the most beneficial setting to help maintain the progress you gain during pulmonary rehab.

## Location

2500 Canterbury Drive  
Hays, KS 67601

## For more information

**785-623-5279**

<https://www.haysmed.com/debakey-heart-institute/cardiopulmonary-rehab/>