

The Admission Process

Acceptance into this outpatient program is dependent on referral by a family physician or specialist. It is preferred that pre-program tests have been conducted within the past year.

These tests include:

- Arterial blood gas
- Chest x-ray
- Pulmonary function test
- Exercise test with oximetry
- EKG

Insurance Coverage

This program is offered at a minimum cost to the patient. Insurance plans such as Blue Cross/Blue Shield may cover partial costs, depending on the extent of the coverage.

A portion of the program's cost may also be covered by Medicare and Medicaid.

If you have questions, or would like additional information about the services we have to offer, please contact the Cardio Pulmonary Rehabilitation Office at Helen Newberry Joy Hospital by calling 906.293.9281.

 **Helen Newberry Joy**
Hospital & Healthcare Center

Pulmonary Rehabilitation Program



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Pulmonary Rehabilitation Program

The HNJH Pulmonary Rehabilitation Program is designed to provide care to those individuals who have chronic pulmonary disease and their families.

Using a team approach, pulmonary physicians, respiratory therapists, physical therapists, occupational therapists and dietitians who have expertise in the care of patient with chronic pulmonary disease, provide a comprehensive evaluation, patient education and exercise components specific to each patient's needs.

Who Can Benefit ?

Anyone who has a chronic pulmonary disease affecting their ability to manage their daily routine, and therefore affecting their quality of life, is a candidate for pulmonary rehabilitation. Individuals that may benefit from participation in our pulmonary rehabilitation program would include those with:

- asthma
- emphysema
- COPD
- chronic bronchitis
- cystic fibrosis
- pulmonary fibrosis
- bronchiectasis
- lung surgery
- restrictive lung surgery
- occupational lung diseases
- environmental lung diseases

What are the Goals?

- To improve the individual's quality of life and increase their sense of wellbeing.
- To provide the individual, and their family, with a better understanding of his/her disease and the disease process.
- To assist the individual in developing techniques to cope with his/her disease including increased knowledge of breathing management.
- To promote and maintain improvement in the individual's physical capabilities including decreased shortness of breath, control over their breathing pattern, and increased exercise tolerance.
- Decreased anxiety and depression.



What is Included in the Program?

Through six to ten weeks of intensive outpatient therapy sessions, patients and family members will become educated in:

- Individual sessions regarding results of tests and program recommendations and coordination with the individual's pulmonary physician,
- Understanding the disease,
- Breathing techniques and breathing retraining,
- Bronchial hygiene,
- Respiratory medications,
- Oxygen dosing (when appropriate),
- Nutrition education session,
- Energy conservation techniques,
- Understanding the role and importance of regular exercise, an exercise plan and exercise reconditioning sessions,
- Anxiety control methods,
- Community resources which can help resolve the psychological, social, financial and occupational problems associated with chronic pulmonary diseases.