

Who may benefit?

You, or someone you know, could benefit greatly from pulmonary rehabilitation. The St. John Hospital and Medical Center Pulmonary Rehabilitation Program is designed for adults who are increasingly limited in their everyday activities due to emphysema, chronic bronchitis, bronchiectasis, asthma, pulmonary fibrosis, lung surgery and environmental or occupational lung disease.

What will you gain?

By participating in pulmonary rehabilitation, you'll achieve a better understanding of your lung disease and learn methods for overcoming the breathing challenges you face.

Program structure

Pulmonary rehabilitation incorporates physical reconditioning, self-care education, and breathing exercises and techniques that will improve your ability to carry out your daily activities. The program will also help you reduce the risks and complications of lung irritation and/or infection, and promote social interaction and emotional well-being.

You will learn how to:

- safely and comfortably increase your exercise tolerance.
- use the equipment and exercise at a pace that is right for you.
- alleviate the shortness of breath that comes with activity through breathing exercises and techniques.
- properly use your medications.
- correctly maintain your home care respiratory equipment.
- recognize, treat and resist respiratory infection and flare-ups.
- use relaxation and “panic breathing” techniques.
- improve your dietary choices to promote nutrition and strength.
- conserve energy and improve work efficiency.
- get more enjoyment from leisure time by reducing the obstacles you experience during outings and travel.

Phase 1 of the pulmonary rehabilitation program lasts approximately seven weeks. You may be allowed one make-up week for missed sessions depending on your situation. Orientation and initial health care education classes begin on the first Tuesday and Thursday of each month, for the first week of the program. This is followed by additional health care education and physical reconditioning classes, which are held on Mondays, Wednesdays and Fridays for the remaining six weeks.

Although not necessary, a friend or family member is encouraged to accompany you.

Getting started

You will need a signed program referral or prescription from your doctor in order to participate in pulmonary rehabilitation. The referral and other information regarding your physical condition links us to your doctor so that we may work together to provide you with the best possible care.

You may need to undergo a limited physical examination and diagnostic tests. Your doctor will decide whether you are able to participate and may order any of the following:

- Chest x-ray (CXR)
- Exercise stress test
- Pulmonary function test (PFT)
- Electrocardiogram (ECG)
- Basic blood tests

If you do not have a doctor, please call St. John Health Connect at 1-888-440-7325.



How to enroll

Your test results, medical history, respiratory symptoms and questions will be addressed during your pre-program interview. Please schedule by calling 313-343-8308.

Financial considerations

Insurance coverage for Phase 1 pulmonary rehabilitation may vary. Check with your insurance company to verify coverage for "outpatient" pulmonary rehabilitation services. The Maintenance Program is not a covered insurance benefit.

Maintaining your new exercise tolerance

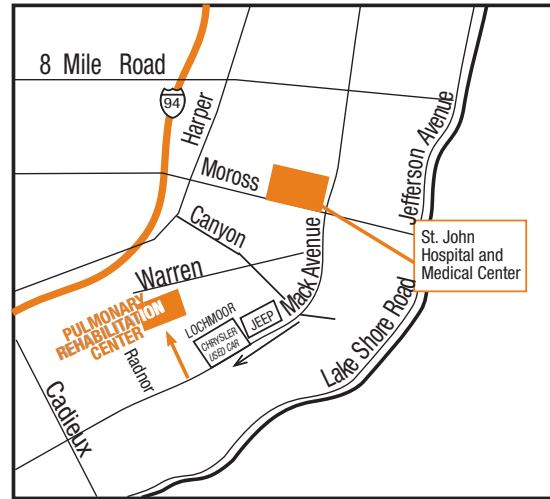
Program graduates are encouraged to maintain their exercise progress in two ways:

1. As your Phase 1 Program ends, you will learn home exercises as alternatives to the formal program.
2. St. John Hospital and Medical Center offers a Maintenance Program for a small fee. This program is structured to offer you ample support for continued growth.



Location

The St. John Hospital and Medical Center Pulmonary Rehabilitation Center is located just a few minutes from St. John Hospital off Mack between Canyon and Radnor. Convenient parking and handicap access are available directly in front of the facility.



Pulmonary Rehabilitation

313-343-8308

or

313-343-8309

www.stjohn.org

How are You Breathing?

Pulmonary Rehabilitation



ST. JOHN HOSPITAL
& MEDICAL CENTER