

The Pulmonary Rehab Pre-operative Conditioning Program

The St. John Hospital & Medical Center Pulmonary Rehabilitation Center has joined with your surgeon as part of the National Surgical Quality Improvement Program (NSQIP) to improve your recovery from surgery.

The Pulmonary Rehabilitation Pre-Operative Conditioning (PRPC) Program is designed for adults who have had a history of smoking, environmental or occupational exposures to fumes or chemicals, resulting in respiratory conditions such as asthma, emphysema, chronic bronchitis, pulmonary fibrosis or lung tumor or mass.

How will I benefit from pre-operative pulmonary rehabilitation?

The goal of the PRPC Program is to better prepare you for your surgery and hasten your recovery.

We will develop an individualized program for you based on an in-depth assessment of your health history and an evaluation of your breathing capacity and tolerance to activity. Once completed, you will be taught breathing exercises and techniques, physical reconditioning, and self-care education to optimize those areas that may otherwise present a challenge to you during your post-operative recovery.

Program structure

In addition to physically preparing you for surgery, we will provide educational materials and useful techniques to improve your ability to carry out daily activities, reduce the risk and complication of lung irritation and/or infection, and answer concerns about your surgery or health.

The self-care areas covered will depend upon your individual need and the time available to work with you prior to your surgery, and may include:

- Breathing techniques to alleviate the shortness of breath that you currently experience or may experience post-operatively.
- Breathing exercises to strengthen your muscles of respiration and to teach you the deep breathing techniques used to prevent post-operative pneumonias and other complications.
- Development of a safe, effective and “do-able” physical reconditioning program to improve your muscular strength and tolerance to activity.
- Monitored exercise activities and basic exercise safety techniques such as breath technique for each exercise, proper exercise form and self-monitoring to promote your safety while active at home.
- Proper use of your respiratory medication(s) and how to correctly maintain home care respiratory equipment.
- How to recognize, treat and resist respiratory infection and flare-ups.
- Relaxation and “panic breathing” techniques.
- Energy conservation.

- How to optimize leisure activities and travel.
- Dietary choices that promote nutrition and strength.
- Personal areas of concern.
- An introduction to the social worker that will be your advocate while in the hospital setting.

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

Getting started

You will need a signed program referral from your surgeon in order to participate in the PRPC Program. The referral and other information regarding your physical condition links us to your surgeon so that we may work together to provide you with the best possible care. This information may include:

- A chest X-ray (CXR)
- An exercise stress test
- A pulmonary function test (PFT)
- An electrocardiogram (ECG)
- Basic blood tests

Once referred, please schedule your pre-program interview as soon as possible by calling 313.343.8308. Please allow a two (2) hour time frame for your interview so that we have adequate time to address any of your concerns as well as to complete our assessment.

Financial considerations

As with other Phase 1 Pulmonary Rehabilitation Programs, insurance coverage for Pre-Operative Pulmonary Rehabilitation vary. However, Medicare Part B covers 80 percent or more of your program if you qualify. Tests done during your interview will determine if you qualify under Medicare guidelines. You should check with your insurance carriers to verify coverage for the remaining 20 percent. If you are not covered under Medicare B, you must check with your insurance company to determine coverage.

Maintaining your new exercise tolerance

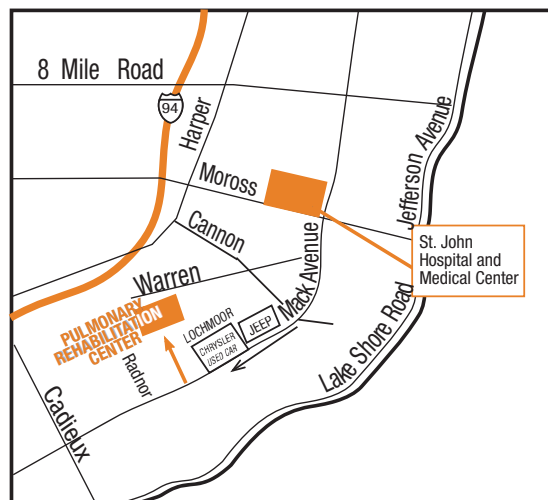
All program “alumni” are encouraged to maintain their exercise progress in two ways:

- St. John Hospital & Medical Center Pulmonary Rehabilitation Program offers you a Phase 2 Maintenance Exercise Program at a nominal fee. This phase is self-pay and is structured to offer you ample time and support for continued growth. Maintenance programs are not a covered insurance benefit.
- To promote your continued good health, you may be given information on exercises that may be used at home as an alternative to your rehab regime.

As an alumni, you are welcome to use us as an informational resource for any future health related questions or concerns. You do not have to enroll in our Maintenance Program for this service.

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



PREPARING FOR SURGERY?

(Pulmonary Rehabilitation can help)

PULMONARY CONDITIONING AND REHABILITATION



ST. JOHN HOSPITAL & MEDICAL CENTER

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