

PULMONARY REHABILITATION

at
St. Joseph Regional Medical Center
A therapeutic option for COPD patients

CLASSES ARE ONGOING

18 visits, 2 days/week with maintenance class available upon completion.

(Patients can start anytime after initial evaluation and PFT)

Mondays/Wednesdays: Noon - 2:00 p.m., 1:15 p.m. - 3:15 p.m.

Tuesdays/Thursdays: Noon - 2:00 p.m., 1:15 p.m. - 3:15 p.m.

COPD patients benefit from exercise training programs with improvements in exercise tolerance and symptoms of dyspnea and fatigue. Pulmonary rehabilitation should be considered for patients with COPD.

PULMONARY REHABILITATION INCLUDES: Exercise training, education, psychosocial/behavioral intervention, outcome assessments and promotion of long-term adherence to the rehabilitation recommendations.

- A clinical diagnosis of COPD should be considered in any patient who has dyspnea, chronic cough or sputum production, and a history of exposure to risk factors for the disease. *(Tobacco use, occupational chemicals, pollution, respiratory infections, asthma, chronic bronchitis)*
- Spirometry is required to make the diagnosis: the presence of a post-bronchodilator FEV1/FVC <0.70 confirms the presence of persistent airflow limitation and thus of COPD.
- A 6 minute walk test (6MWT) is done to evaluate patients exercise tolerance pre and post pulmonary rehabilitation.
- Our patients have a mean improvement of their 6MWT of 84% *(an average of walking 632 ft. further)*
- Quality of life (QOL) score had an average improvement of 3.9 points. *(4 points being the indicator for improvement of QOL)*

Please call St. Joseph Pulmonary Rehabilitation with questions.

(208) 799-5610



ST. JOSEPH
Regional Medical Center

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Together in Health.