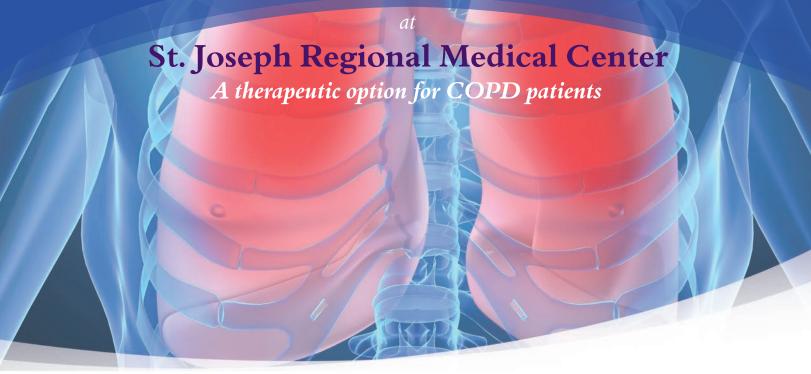
## PULMONARY REHABILITATION



## **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 present 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

