

What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a program of education and exercise classes that teaches you about your lungs, how to exercise and do activities with less shortness of breath and how to “live” better with your lung condition.

HOW WILL PULMONARY REHABILITATION HELP ME?

By attending education classes, you will learn many things about your lungs, for example, the following topics will be discussed:

- What is wrong with your lungs.
- What your medicines do.
- When to call your health care provider.
- How to keep from being hospitalized.

Exercise classes will help you be more active with less shortness of breath. Usually, you will be exercising both your arms and legs. The exercise classes will help you feel better and become stronger by helping you get into better shape.



Pulmonary Rehabilitation Program
at Penn Highlands Healthcare

PENN HIGHLANDS BROOKVILLE

100 Hospital Road | Brookville PA
814-849-1818

PENN HIGHLANDS CLEARFIELD

A Campus of Penn Highlands DuBois
809 Turnpike Avenue | Clearfield, PA
814-765-5341

PENN HIGHLANDS DUBOIS

100 Hospital Avenue | DuBois PA
814-371-2200

PENN HIGHLANDS HUNTINGDON

1225 Warm Springs Avenue | Huntingdon PA
814-643-2290

PENN HIGHLANDS MON VALLEY

Mon Valley HealthPlex
800 Plaza Drive, Suite 200 | Belle Vernon, PA
724-379-1920

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Pulmonary Rehabilitation Program

Penn Highlands Healthcare



Pulmonary Rehabilitation

Pulmonary rehab is provided for adult patients with respiratory diseases who are symptomatic and often have a decrease in their ability to perform everyday activities. Some of diseases include but are not limited to Chronic Obstructive Pulmonary Disease (COPD), Emphysema, Bronchiectasis, Chronic Bronchitis, Pulmonary Fibroses, Lung Transplant and post Covid.

PULMONARY REHAB IS DESIGNED TO

- Reduce the feeling of shortness of breath.
- Improve quality of life.
- Increase your ability to tolerate physical activity.
- Pulmonary rehabilitation is also a requirement in the preparation and recovery phases of lung volume reduction surgery and lung transplant surgery.
- Assist with smoking cessation.

PATIENT ASSESSMENT

An initial patient assessment and orientation to the program will be ordered by your physician and scheduled through the Cardiopulmonary Department.

Services

- Nutritional education.
- Exercise conditioning using a treadmill, stationary bike, arm wheel, free weights, steps and Nustep recumbent bike.
- Evaluations to determine the ability to complete activities of daily living.
- Lung disease education.
- Family member and caregiver education.

BENEFITS YOU GAIN FROM THE PROGRAM

- Reduced number of hospitalizations and length of time in the hospital.
- Improved quality of life.
- Improved exercise tolerance and level of physical activity, which translates into increased interdependence and ability to perform activities of daily living.
- Reduced occurrence of debilitation respiratory symptoms.
- Improved psychological function with less anxiety and depression.
- Improved feeling of hope, control and self-esteem.
- Potential for return to gainful employment in younger participants.
- Increased survival in some patients, i.e. use of continuous oxygen in patients with severe hypoxemia.
- Close interaction with healthcare staff providing excellent supervision, which in many cases translates into earlier intervention and treatment of recognized complications.

- Clear and effective education.
- A single place to go for follow-up.
- Family education, involvement and support.
- Comprehensive, professional care.
- Support for smoke cessation.

Staff

All teaching, testing and exercise conditioning will be carried out by trained specialist in close contact with your physician and the Pulmonary Rehabilitation Medical Director.

MEMBERS OF THE PULMONARY REHABILITATION TEAM INCLUDE

- Physician.
 - Certified Respiratory Therapists.
 - Nutritionist.
 - Licensed Nursing Staff.
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