

Pulmonary Rehabilitation Program

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What Can Pulmonary Rehabilitation do for You?

What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is an active physical exercise program for people who are limited in their everyday activities due to **Emphysema, Chronic Bronchitis, Bronchiectasis, Asthma, Pulmonary Fibrosis, Lung Surgery, and environmental or occupational lung diseases**. Pulmonary Rehabilitation includes physical reconditioning, self-care education, and breathing exercises and techniques that will improve your ability to carry out normal daily activities. This program also helps reduce the risk for lung complications, irritation, and/or infection, and promotes social contact and emotional well-being. Our approach emphasizes caring for your physical, psychosocial, emotional, and spiritual needs.

You and your family will work with an interdisciplinary team in a setting that provides 24-hour nursing care, symptom, and pain management, as well as family support.

The Goals of Pulmonary Rehabilitation?

- ◆ You will breathe easier and be **less short of breath**.
- ◆ You can be more active.
- ◆ Your quality of life will improve.
- ◆ Travel will be easier and more pleasant.
- ◆ You will experience less anxiety or depression.
- ◆ You will have fewer hospitalizations for your lung condition or their complications.
- ◆ You will be more knowledgeable on how to handle your breathing condition.
- ◆ Stabilize your condition and get you to improve your functional status when you return to your **home, family and community**.



What is the Pulmonary Rehabilitation Care Unit Like?

Saginaw's inpatient Pulmonary Rehabilitation program is offered in the Community Living Center. Visiting hours are unlimited and family and friends are encouraged to visit.

You will be staying in the Community Living Center, with other Veterans who also undergo rehabilitation. Dining is either in the cafeteria or in your room.

Who are the Pulmonary Rehabilitation Caregivers?

- ⇒ Licensed Provider (**MD** or **NP**)
- ⇒ Registered (**RN**) and Licensed Practical Nurses (**LPN**) as well as Nursing Assistants (**NA**)
- ⇒ Respiratory Therapist
- ⇒ Pulmonologist
- ⇒ Dietician
- ⇒ Psychologist
- ⇒ Social Worker
- ⇒ Physical and Occupational Therapist
- ⇒ Recreational and Vocational Rehabilitation Specialist

We look forward to seeing you!

***The Pulmonary Rehabilitation Program
is located in the Community Living Center
at the Saginaw VA Medical Center***



Support Services:

Medical Staff will handle any pain and other physical symptom management.

Pulmonologist will handle your shortness of breath and other respiratory symptom management.

Dietician will handle your nutritional needs.

Nursing will do frequent physical assessments and monitoring.

Social Work will review community resources and Advanced Directives.

Pharmacy will oversee your medication management.

Respiratory Therapy will teach you breathing techniques to reduce shortness of breath.

Pastoral Care will support your spiritual needs.

Physical & Occupational therapy will help you with exercise and physical strengthening.

Psychologist will help with self awareness and support.

Recreational Therapy will assure you have other leisure activities during your stay.

Vocational Rehabilitation specialist will work with you regarding appropriate employment if needed.

Housekeeping will maintain a clean and homelike atmosphere.

How do I enroll?

Speak with your Primary Care Provider about the program. They will review your medical history and other tests with you to see if this is a good fit for you.

Together you will plan how to proceed for enrollment into this program.

Thank you and we look forward to helping you **BREATHE** easier!