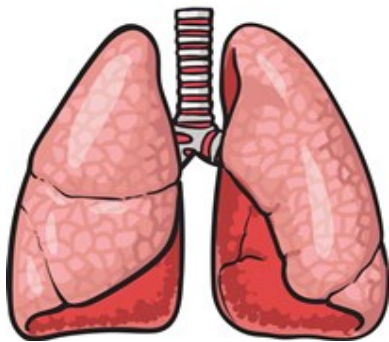


Relatives and carers are encouraged to attend

Individual Assessment is required prior to attending the program, and on completion of the program.

lungs



The Pulmonary Rehabilitation program is supervised by fully qualified staff who are aware of the impact of chronic airways disease on an individuals health.

Referral

You can be referred to the program by:

- Hospital Health professionals
- Your GP
- Respiratory specialist
- Self referral

COST

You will be charged a small fee for your initial consult and assessment, however weekly participation within the group will be free of charge.

FOR MORE INFORMATION CONTACT:

RESPIRATORY NURSE - MICHELLE BLOHM

Department | Community Rehabilitation Centre

Address: Cnr Splatt & McCrae Street, Swan Hill

Phone: (03) 50339321

Email: crc@shdh.org.au



Pulmonary Rehabilitation Program

Tuesday 10.30am

Pulmonary Rehabilitation

Pulmonary Rehabilitation is an 8 week program that aims to provide individuals with the ability to understand and manage their chronic airways condition and improve confidence to continue leading active and fulfilling lives.

Who can attend?

People who have:

- Asthma
- Bronchiectasis
- Chronic Bronchitis & Emphysema
- Interstitial Lung Disease
- Other Respiratory conditions
- Oxygen dependence
- Pre/Post Lung transplant

Education Session Outlines

PULMONARY NURSE

- How the lungs work
- Better living with lung conditions
- Managing your lung condition
- Advanced care planning
- Medications

PHYSIOTHERAPY

- Bronchial hygiene and sputum clearance
- Breathing techniques for shortness of breath

SPEECH PATHOLOGY

- Voice care/dry mouth
- Issues with swallowing

COUNSELLING

- Lifestyle changes
- Emotional responses

OCCUPATIONAL THERAPY

- How to reduce stress
- Relaxation
- Energy conservation

DIETICIAN

- Healthy eating for people with lung conditions

