

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.

COST

You will be charged a small \$10 fee for your initial consult, however weekly participation within the group will be free of charge. *(No charge for DVA, Aboriginal or Torres Strait Islanders, Children under 18yrs)*

Referral

You can be referred to the program by:

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

FOR MORE INFORMATION CONTACT:

RESPIRATORY NURSE - MICHELLE BLOHM

Department | Community Rehabilitation Centre

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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
- Managing your lung condition
- Advance care planning
- Medications/ inhalers

EXERCISE PHYSIOLOGY

- Breathing techniques for shortness of breath
- Importance of exercise for people who have lung conditions

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

