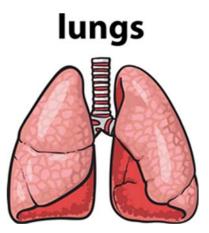
# Relatives and carers are encouraged to attend

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



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

## <u>COST</u>

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 Address: 58 McCrae Street, Swan Hill Phone: (03) 50339321 Email: crc@shdh.org.au Web: www.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
- 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

