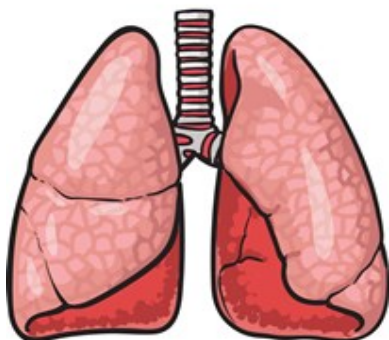


## Relatives and carers are encouraged to attend

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

No Charge for this Service.

## Referral

You can be referred to the program by:

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



Scan here to  
self-refer

### FOR MORE INFORMATION CONTACT:

**Department** | Community Rehabilitation Centre

**Address:** 58 McCrae Street, Swan Hill

**Phone:** (03) 50339321

**Email:** [crc@shdh.org.au](mailto:crc@shdh.org.au)

**Web:** [www.shdh.org.au](http://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

## Continence Nurse

- Bladder and bowel health

