# Cardinal Hill Rehabilitation Hospital Pulmonary Rehabilitation Inpatient Program

# Comprehensive Pulmonary Rehabilitation Programs for people with lung disease:

Cardinal Hill Rehabilitation Hospital's Inpatient Pulmonary Program, established in 1999 serves patients that suffer from chronic lung disorders.

#### Pulmonary patients seen in 2012: 108

# Ages of our Pulmonary patients:

35 to 49 years: 2.5% 50 to 64 years: 25.7% 65 years and older 71.6%

# Conditions appropriate for Pulmonary Rehabilitation.

Our Pulmonary Rehabilitation Program is transdisciplinary, designed for patients who suffer functional problems due to breathing issues from the following chronic conditions:

- Asthma & Bronchitis
- Black Lung
- Bronchiectasis
- COPD
- Cystic Fibrosis
- Emphysema
- Interstitial Diseases
- Lung Transplant
- Major Chest Trauma
- Neuromuscular Disorders
- Poliomyelitis Lung Disease
- Pulmonary Hypertension
- Thoracic Cage Abnormalities
- Thoracic Surgeries

## What are the benefits of Pulmonary Rehabilitation?

Pulmonary Rehabilitation consists of both exercise training and educational programs to enable patients to improve their day-to-day activities and function more independently. The benefits of Pulmonary Rehabilitation include:

- Reducing hospital stays in acute care hospitals
- Improved management of symptoms
- Learning about & coping with a disease
- Maintaining healthy behaviors such as smoking cessation, good nutrition & exercise
- Returning to work, recreation & social activities
- Improving quality of life

# **Personalized Care:**

Each person receives a personalized rehabilitation plan. Individualized programs include:

- Physical therapy: to increase endurance & strength, functional status
- Occupational therapy: to teach self-care skills, energy conservation techniques & work simplification

- Respiratory therapy: to provide training on equipment use, oxygen needs & management of pulmonary symptoms to assure greater independence in the home
- Rehab nursing: for individual teaching about disease process, medication teaching & lifestyle adjustments
- Social work/case management: to identify discharge needs & available resources
- Psychology: to address adjustment issues
- Speech Therapy: to improve voice, coordinate breath and speech, address vocal chord dysfunction and any cognitive issues related to hypoxia
- Other related clinical services as needed

#### Intensity of Services

A rehabilitation physician is available 24 hours a day and reviews each patient's care daily. Rehabilitation nurses are available 24 hours a day.

Unless there are medical problems, patients receive three hours of therapy a day, Monday through Friday; with additional therapy on the weekend, when indicated.

#### Length of Program

The average patients stay is 13 days, however the length varies depending on the patient's needs.

## **Family Involvement**

Family support is a key ingredient to a successful rehabilitation experience. Cardinal Hill has open visiting hours. We encourage the family to be active participants in the patient's program as he/she works to achieve functional goals. We provide individual counseling, support groups and education to prepare caregivers to deal with the patient's new needs.

# Discharge and Follow-Up

The relationship with Cardinal Hill does not end when the patient is discharged. Continuing needs are met through follow-up visits in our Outpatient Clinic, continued therapy services in either a Day Program, Outpatient, or Home Health setting; and follow-up with the patient's Primary Care Physician.

## For More Information

For more information about Cardinal Hill's Inpatient Pulmonary Rehabilitation Program, call us at (800) 843-1408 or (859) 367-7120.

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