

# Cardinal Hill Rehabilitation Hospital

## Pulmonary Rehabilitation Inpatient Program

### Comprehensive Pulmonary Rehabilitation Programs for people with lung disease:

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

### Pulmonary patients seen in 2010: 72

#### Ages of our Pulmonary clients:

|                    |       |
|--------------------|-------|
| 17 to 34 years:    | 1.4%  |
| 35 to 49 years:    | 0%    |
| 50 to 64 years:    | 26.4% |
| 65 years and older | 72.2% |

### Conditions appropriate for Pulmonary Rehabilitation.

Our Pulmonary Rehabilitation Program is transdisciplinary, designed for clients 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 clients 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 cord 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 client's care daily. Rehabilitation nurses are available 24 hours a day.

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

### Length of Program

The average client stay is 10 days, however the length varies depending on the client'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 client'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 client's new needs.

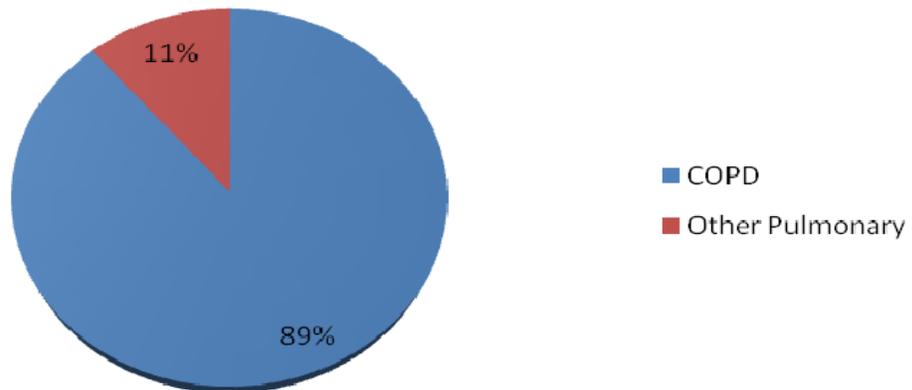
### Discharge and Follow-Up

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

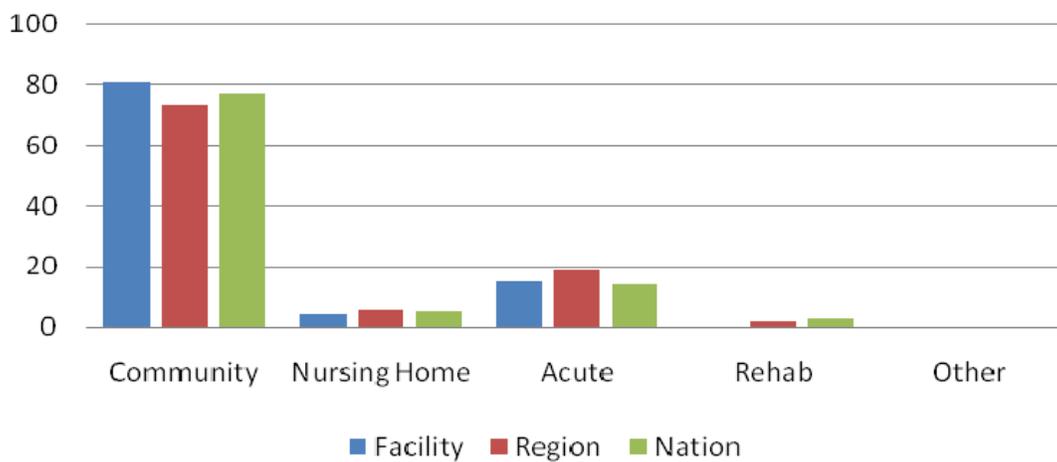
### For More Information

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

## Pulmonary Program Diagnosis Mix



## Pulmonary Population Discharge Destination Comparison Facility, Region, Nation 2010



## Pulmonary Program Overall Satisfaction with the Quality of Care

