

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.

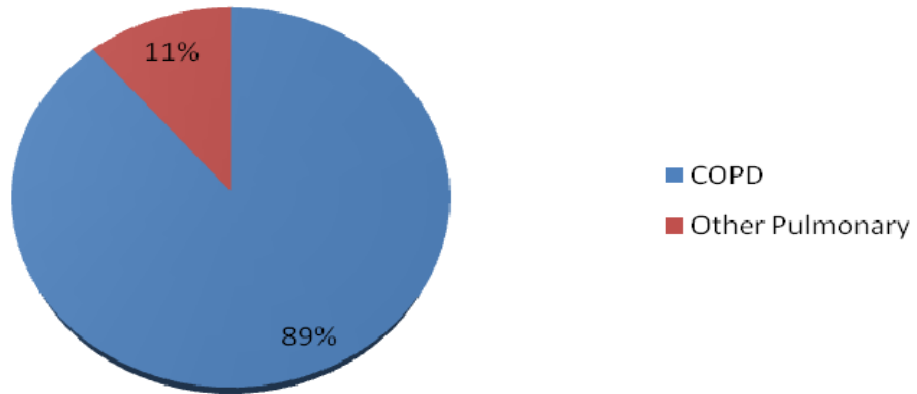
Discharge and Follow-Up

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.

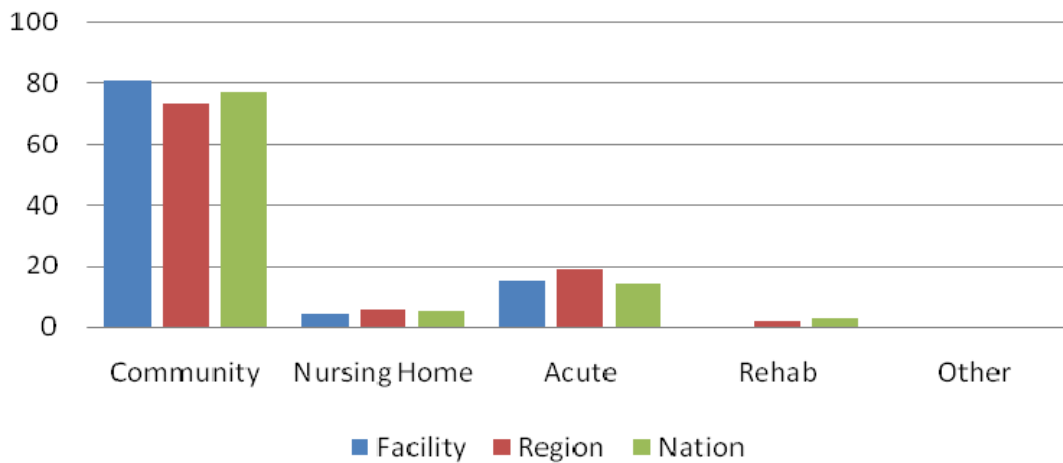
For More Information

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

