

## Pulmonary rehabilitation

Pulmonary Rehabilitation is one of the most effective treatments for people with COPD.

Our 8 week program operates in line with recommended national and international guidelines and available evidence.<sup>123</sup>

Studies have shown that Pulmonary Rehabilitation can:

- ♥ Improve quality of life
- ♥ Reduce shortness of breath, especially with activity
- ♥ Improve fitness
- ♥ Help to regain confidence, and learn to control symptoms of COPD

Our Pulmonary Rehabilitation has been operating successfully at the Bundaberg Hospital since September 2006.

### Assessment

You will need to complete a comprehensive assessment before and after the program which includes measuring your lung function, doing walking tests, and filling out questionnaires about your quality of life.

<sup>1</sup> The Pulmonary Rehabilitation Toolkit 2006. The Australian Lung Foundation and Australian Physiotherapy Association.

<sup>2</sup> Ries AL, et al. Pulmonary Rehabilitation: Joint ACCP/AACVPR Evidence-Based Clinical Practice Guidelines. *Chest* 2007;131;4-42.

<sup>3</sup> Nici L, et al. American Thoracic Society / European Respiratory Society Statement on Pulmonary Rehabilitation. *Am J Respir Crit Care Med.* 2006;173;1390-1413

## Exercise sessions

The program provides an opportunity to learn to exercise safely. Each person's exercise capacity is assessed individually prior to the program.

After reviewing your assessment results, a trained health professional then safely guides and challenges you in exercise activity in two sessions each week, over the eight week program. You will also be encouraged to exercise at home.

The exercise sessions are conducted in small groups and are supervised by a trained health professional.

### What do I need to bring to each exercise session?

- Your reliever medication (eg. Ventolin, Anginine, Nitrolingual (GTN) spray).
- Towel and Water Bottle.
- Wear clothes and shoes suitable for exercise. Enclosed footwear must be worn.
- Change of clothes if you wish.
- Portable Oxygen and accessories if required.
- Special food/drinks as required (eg if you are a diabetic or on a certain diet)

## Information sessions

The weekly information sessions are delivered by health professionals.

Topics include:

- Lung conditions and managing COPD
- Prevention and management of illness
- Exercise and physical activity
- Use of medications in COPD
- Coping with chronic illness and management of stress and anxiety
- Nutrition and Healthy eating
- Energy conservation and work simplification
- Information on available community support services and good self-management strategies, including COPD Action plans and Advance Healthcare Directives

### What do I need to bring to each information session?

- Your reliever medication (eg. Ventolin, Anginine, Nitrolingual (GTN) spray).
- Special food/drinks as required (eg if you are a diabetic or on a certain diet)
- Portable Oxygen and accessories if required.

We encourage you to bring your partner, or other support person to the information sessions.

## Medical clearance?

You must have a medical clearance from your doctor or specialist to participate in the exercise sessions of the program.

Please discuss your participation in the program with your doctor prior to attending.

## Cost?

There are no fees to attend Pulmonary Rehabilitation.

## Unable to attend?

Our Pulmonary Rehabilitation program is in high demand. If you cannot commit to attending the full 8 week program, please notify us as early as possible.

Once you start the program, please do your best to attend all sessions so you can obtain the most benefit from attending Pulmonary Rehabilitation.

However, if you are unwell and unable to attend an exercise or education session please let us know the previous session or telephone and let us know.

## How to contact the Pulmonary Rehabilitation Program

Pulmonary Rehabilitation Program  
Physiotherapy Department Outpatients  
Bundaberg Hospital  
PO Box 34  
Bundaberg Qld 4670

Phone: (07) 4150 2550

Fax: (07) 4150 2579

Monday to Friday  
8am to 5pm

The Pulmonary Rehabilitation Program prefers referrals from General Practitioners or Thoracic Medicine Physicians, but will consider referrals from other Health Professionals.



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Sunshine Coast – Wide Bay Health Service District

# Pulmonary Rehabilitation Program

## Bundaberg Hospital

## Feeling short of breath?

### Do you<sup>4</sup>:

- Cough several times most days?
- Bring up phlegm or mucous most days?
- Get out of breath more easily than others your age?
- Are you over 40 years of age?
- Are you a smoker or ex-smoker?

**It isn't normal to be short of breath. If you answer YES to 3 or more of these questions, you may have COPD, and benefit from attending Pulmonary Rehabilitation.**

**COPD (Chronic Obstructive Pulmonary Disease) affects up to 1 in 6 Australians aged 45 or over.**

<sup>4</sup> Global Initiative for Chronic Obstructive Lung Disease.  
[www.goldcopd.com](http://www.goldcopd.com)