

Chronic obstructive pulmonary disease (COPD)

refers to a group of lung diseases that block airflow and make it increasingly difficult for you to breathe.

The Outpatient Pulmonary Rehabilitation Program at Sunnyview Rehabilitation Hospital can help!

Our program is designed to help you meet the day-to-day challenges of living with chronic lung disease and help return you to the things you enjoy most.

AACVPR Certified

Sunnyview Rehabilitation Hospital's Pulmonary Rehabilitation Program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. It is the only certified program in the Capital Region.



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Outpatient Pulmonary Rehabilitation



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Why pulmonary rehabilitation?

Most patients with pulmonary disease can maintain their usual level of activities if they learn how to safely live with their condition.

Our program consists of a series of small group sessions that meet 2 - 3 times each week for a period of six (6) weeks. Each two-hour session includes:

- One hour of monitored and supervised exercise in the Sunnyview Lifestyle Wellness Center. A wide variety of exercise options are available, including treadmills, recumbent bicycles and weight training equipment. Exercise is individualized based on patient goals, fitness level, medical conditions and disability.
- One hour of education on a variety of topics, including nutrition, energy conservation, oxygen equipment, medications, heart/lung health and living with lung disease.

Groups consist of individuals with similar conditions/ diagnoses.



Who is on the outpatient pulmonary rehabilitation team?

A physician specializing in pulmonary medicine develops the plan of care in conjunction with a team of physical therapists, respiratory therapists, occupational therapists, recreation therapists, a social worker and dietitian, all of whom specialize in pulmonary rehabilitation.

Who can benefit?

Individuals with chronic lung disease, including:

- Emphysema
- Asthma
- Chronic bronchitis
- Cystic fibrosis
- Interstitial lung disease
- Pre- and post-lung transplant surgery

What can patients expect?

- Less shortness of breath
- Improved strength and endurance
- Greater independence
- Better understanding of nutritional needs
- Greater knowledge of oxygen equipment and medications
- Less use of oxygen and medications
- Less depression and anxiety
- Better coping skills
- Improved ability to return to work and leisure activities
- Improved quality of life

What about follow-up?

Once the six-week program is completed, patients are encouraged to make exercise a lifelong commitment. Sunnyview's Lifestyle Wellness Center offers a supervised and friendly environment in which to continue the progress made during outpatient rehabilitation.

How can I join the program?

Your primary physician or pulmonary specialist may refer you to the outpatient pulmonary rehabilitation program by calling **(518) 386-3688**. Insurance coverage can vary from plan to plan. Prior to enrollment, you should check your individual coverage.

