

Pulmonary rehab is widely accepted as the most effective non-pharmacologic management for chronic respiratory conditions.

Through Pulmonary Rehab, patients with moderate to severe pulmonary disease can greatly improve their quality of life by addressing the frustrations and challenges that patients with pulmonary disease face. Together, we can work to restore you to your fullest potential.

Our multidisciplinary team provides an individually-tailored program to meet your needs.



## Don't wait!

Patients who complete a pulmonary rehab program are 20 percent less likely to experience severe exacerbation.



Among those hospitalized for COPD, initiation of pulmonary rehabilitation within 3 months of discharge was associated with 37 percent lower risk of mortality.




More than 90 percent of pulmonary rehab participants spend fewer days in the hospital.



**Stewart Memorial**  
Community Hospital


# Pulmonary Rehabilitation

## Contact Us Today

 (712) 464-4288

 1301 W Main St Lake City IA

 [www.stewartmemorial.org](http://www.stewartmemorial.org)

 Open M-F 9:00 am - 3:00 pm

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## Goals of Pulmonary Rehab

- ✓ Control & alleviate symptoms
- ✓ Improve activity tolerance
- ✓ Promote self-reliance & independence
- ✓ Decrease need for acute resources
- ✓ Improve treatment compliance & flare-up prevention
- ✓ *Improve quality of life!*

## Benefits

- Reduce and control breathing difficulties and other symptoms
- Knowledge about your disease, treatment options, and coping
- Reduce dependence on costly medical resources
- Maintain healthy behaviors such as smoking cessation, good nutrition and exercise
- Ability to function better in your daily life
- Better management of anxiety and depression
- Increase muscle strength and endurance
- Reduce hospitalizations
- Understand appropriate medication and oxygen use

## FAQ



### Is this covered by insurance?

Payment for these services varies by carrier and policy. If your policy does not cover this, you may participate through self-pay.



### How do I get started?

A referral is required to participate in our pulmonary rehab program. Talk to your primary care provider to find out if it's right for you.

You must also complete a qualifying pulmonary function test and an evaluation with our staff.



### Where should I park?

Patients should park in the South parking lot and come in through the Main Entrance to check in at Registration.

### You may be eligible to participate in pulmonary rehab if you have one of these conditions:

- COPD
- Emphysema
- Post-Covid shortness of breath
- Chronic Bronchitis
- Asthma
- Bronchiectasis
- Sarcoidosis
- Pulmonary hypertension
- Pulmonary fibrosis
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Lung volume reduction surgery before and after lung transplantation

## Program Design

Pulmonary Rehab is a 7 - 18 week program, depending on the severity of your condition, focusing on education, exercise and encouragement to improve your quality of life.

### ▶ Education

You'll learn more about medications and side effects, self-care, using oxygen, nutrition and exercise, coping strategies, symptom assessment, adaptive equipment and more.

### ▶ Exercise

We'll create an individualized exercise regimen based on your condition and ability, complete supervised exercise sessions, and learn how to continue exercising safely at home.

### ▶ Encouragement

You'll have our professionals available to hear your concerns, be able to include your family in your education sessions so they may learn about your condition, and you'll gain opportunities to receive support from other patients and families who may be experiencing similar health conditions.