

Pulmonary Rehab



**Morrow County
Hospital**
OhioHealth

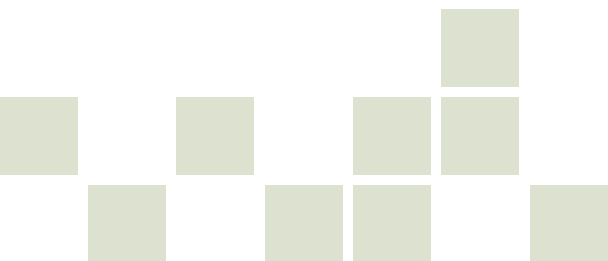
Associated with OhioHealth

PULMONARY REHAB PROGRAM

The effective treatment of Chronic Obstructive Pulmonary Disease (COPD) remains one of the most frustrating and challenging problems in clinical medicine. Morrow County Hospital's Pulmonary Rehab program is designed to address the frustration and challenges that these patients encounter and to restore the person to their fullest potential. Our individually tailored and multidisciplinary program provides diagnostic testing, personalized care plans, and weekly exercise and education classes. Our goal is to stabilize the disease process and return the person to the highest functional capacity possible.

Admission Criteria

Once a physician's referral is received, the person will be evaluated by the program coordinator. If they qualify for admission to the program, a team of healthcare professionals will evaluate their current level of functioning and work to design a program to meet their needs. Patients should not be in an acute state that would prevent them from participating in the exercise program.



Patient Evaluations Performed

- Medical history
- Pulmonary symptom history
- Assessment of daily living activities
- Nutritional assessment
- Psychological assessment
- Patient program goals

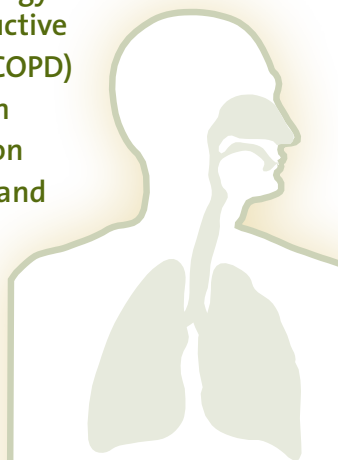
Preadmission Testing That May Be Needed

- Pulmonary function testing
- Chest x-ray
- Chem-12, electrolytes, theophylline level, CBC
- Sputum C&S
- Arterial blood gas results
- Physical therapy evaluation
- Occupational therapy evaluation

Patient Education

Education is provided on diseases such as asthma, emphysema, chronic bronchitis and interstitial lung disease. Classes will teach participants how to better manage their symptoms, with topics that include:

- Anatomy and physiology of the lungs/Chronic Obstructive Pulmonary Disease (COPD)
- Medication education
- Prevention of infection
- Energy conservation and stress management
- Coping with COPD
- Diet and nutrition



Individualized Exercise Programs

In addition to the educational programs, Pulmonary Rehab includes exercise: a gentle, individualized exercise routine designed to increase strength and endurance to gradually make daily activities easier.

Participants meet as a group for eight weeks, three days each week (total of 24 sessions). Each session is approximately one hour. Trained professionals are available throughout the program for guidance and support.

Exercise activities include:

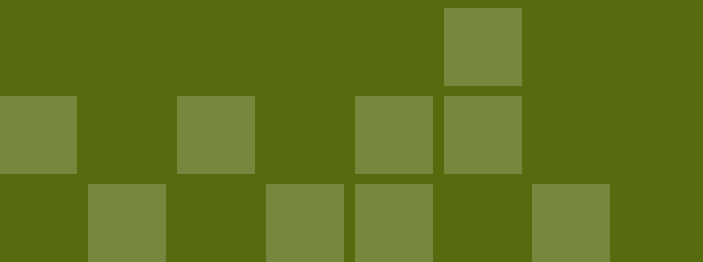
- Treadmill walking
- Stationary bicycle riding
- Range-of-motion exercises
- Upper body strengthening
- Breathing retraining

Insurance Information

Nearly all private insurance plans and Medicare will pay for participation in Pulmonary Rehab.

Coordination With Attending/Referring Physicians

Results of all diagnostic testing will be sent to the attending/referring physician and patient progress reports also will be sent. Concerns or questions about the patient will be discussed with the referring physician.





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