

## OUTPATIENT PULMONARY REHABILITATION PROGRAM

NSMC's Outpatient Pulmonary Rehabilitation Program is located at NSMC Union Hospital in Lynn. The program helps patients with chronic lung disease manage their day to day activities more effectively. Even simple activities such as walking, dressing, and eating can be very difficult for a patient with bronchitis, asthma or emphysema. We create customized treatment plans, including tools and interventions to combat shortness of breath.

500 Lynnfield Street Lynn MA 781.477.3102

### Evaluation and Education

Our program starts with a careful evaluation of your pulmonary health. A team of Respiratory Care Practitioners and a Physical Therapist do the evaluation. After your evaluation we establish individual goals for your pulmonary program.

Educational sessions are combined with your evaluation. Topics we discuss include:

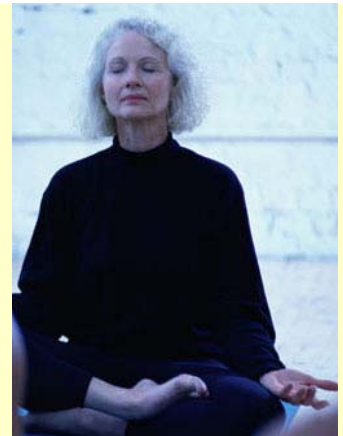
- How your lungs work
- Lung disease
- Breathing exercises
- Your medications
- Conserving energy to decrease shortness of breath
- Environmental hazards
- Smoking cessation
- Relaxation techniques

### Physical Conditioning

Physical conditioning can significantly improve your quality of life. During exercise sessions we help you train your muscles so that walking and other activities become more manageable.

We also monitor you carefully as you use the exercise equipment available in our gym.

We offer specific pulmonary rehabilitation exercise sessions 2 to 3 times a week; the frequency of your exercise sessions will depend on your individual needs, your endurance, and your insurance coverage.



### Maintenance

A maintenance program is available for graduates of our Outpatient Pulmonary Rehabilitation Program.