



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.

Consumer
Consultation

What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is recommended for people with chronic respiratory disease. It has been shown to increase quality of life, reduce feelings of shortness of breath and reduce number of hospital admissions that you might otherwise have.

Pulmonary Rehabilitation is a group exercise and education course designed to:

- Improve your strength and your ability to manage activity or exercise.
- Help you understand and manage your respiratory disease with greater confidence.

Alternatively, we can offer a remote program, if appropriate (telehealth or phone based) following a once off face-to-face discussion on what specific rehabilitation program would best meet your needs.

Who can benefit from Pulmonary Rehabilitation?

If you have a chronic respiratory condition you can benefit from pulmonary rehabilitation. This includes if you have chronic obstructive pulmonary disease (*disease that cause airflow blockage and problems with breathing*), asthma, interstitial lung disease (*lung disease affecting the tissue and space around the air sacs of the lungs*), pulmonary fibrosis (*lung disease where the lace-like tissue around the air sacs of the lungs becomes damaged, thickened and scarred*) or bronchiectasis (*lung disease that occurs when the walls of the breathing tubes or airways widen due to chronic inflammation and/or infection*) or lung cancer (*with or without surgical management*).

It is especially helpful if you have had a new diagnosis or have been in hospital in the past few weeks because your respiratory condition is becoming worse or you are preparing for lung surgery or have had lung surgery.

I have done Pulmonary Rehab before, should I do it again?

If you have remained well you can join again after 2 years. You are welcome and indeed encouraged to repeat pulmonary rehabilitation sooner if:

- you are finding it more difficult to exercise
- you have recently been unwell or admitted to hospital
- you don't feel confident yet to return to your previous community exercise routine

What does the program look like?

Initial Phone Assessment

After we receive a referral, you will be contacted for an *initial phone assessment* to identify your needs. This usually takes about 15 minutes, and is conducted by a Pulmonary Rehabilitation team member, who will then book an appointment for you to do a comprehensive assessment based at the centre.

Comprehensive Assessment

The centre based *comprehensive assessment* involves an assessment with the Pulmonary Rehabilitation team. They will work together with you to determine your needs and identify appropriate goals. You will receive your exercise program including strengthening and endurance exercises such as a daily walk.

Weekly Group Sessions

Education sessions: We provide education in various ways: individual, group sessions at the centre (as COVID restrictions allow) or via our online portal. More helpful information can be found on the www.lungfoundation.com.au website.

Exercise sessions: You will be completing exercises under the instructions of the physiotherapist. A program will be developed to your individual needs to work on your endurance and strength, whilst giving you rest periods between each exercise.

What is the aim of the exercises?

Program/Dept: Chronic Rehabilitation Program

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- To improve your exercise capacity including walking
- To reduce stiffness in your rib cage, neck and arms
- To help you breathe more easily

Who is part of the Pulmonary Rehabilitation team?

- Nurses
- Advance Care Planning Consultant
- Physiotherapists
- Occupational Therapists
- Social Workers
- Allied Health Assistants
- Dietitians
- Pharmacists

How much does it cost?

The program costs \$10 per session for face-to-face sessions. An invoice will be sent to you from Box Hill Accounts department. If transport or costs are a problem, please speak to your physiotherapist at your initial assessment.

How do I access the program?

Referrals can be made by your GP or any other doctors, physiotherapists, nurses and Community Health Services.

Referrals should be faxed or emailed to:

Community Access Unit

Fax: 03 9881 1102 Email: sacs.integratedcare@easternhealth.org.au

Program Locations:

Whilst we always aim to connect you to your nearest program, availability at the different sites can vary.

<u>Angliss Community Rehabilitation Centre</u> Corner Talaskia Road and Edward Street Upper Ferntree Gully 3156 PH: 03 99557501 <u>Wednesday & Friday</u>	<u>Wantirna Health</u> 251 Mountain Highway Wantirna 3152 PH: 03 99557501 Monday & Thursday	<u>Yarra Ranges Health</u> 25 Market Street Lilydale 3140 PH: 03 8706 9641 Monday & Thursday
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What should I bring to each session?

When attending the face to face session, please bring a water bottle, snacks if desired and glasses or hearing aid if needed. If you are attending a remote session you will need to access telehealth. It is suggested an iPad or laptop screen size (minimum) is set up so you can exercise and see the screen, and we can see you. If you need any help setting up telehealth, please discuss this at your initial assessment session.

Usually Pulmonary Rehabilitation team welcomes family members and other support people to attend these sessions, however due to COVID restrictions this may not be possible. Please ask your Pulmonary Rehabilitation clinician for further information

Medical Assistance

If you experience a change in your medical condition while at home, please contact your local GP for advice?

In the event of a medical emergency, dial 000 or attend your local hospital emergency department.

If you attend a hospital emergency department or you are admitted to hospital, please inform hospital staff that you are a client of Eastern Health Pulmonary Rehabilitation Program.

For further information

If you have any questions or concerns, please call the Pulmonary Rehabilitation Co-ordinator or Chronic Rehabilitation Team Leader on **03 99557501**.

If you have any feedback or suggestions on how to improve this information sheet, please contact



brochure.request@easternhealth.org.au

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