



Patient information

Pulmonary Rehabilitation Program

A multi-disciplinary Pulmonary
Rehabilitation Program for people
with chronic lung disease.



**Donvale
Rehabilitation Hospital**

Part of Ramsay Health Care

Program Aim

The pulmonary rehabilitation program is a multi-disciplinary program for people with chronic lung conditions.

The program aims to:

- Increase exercise tolerance, muscle strength and endurance
- Improve health related quality of life and manage breathlessness
- Increase independence in daily functioning and knowledge of lung conditions
- Promote self-management and long term commitment to exercise

Program Structure

The program combines health education, exercise and support for people managing chronic lung conditions in a small group environment.

The exercise sessions are individually tailored to participants' current level of activity and encourage a gradual increase in activity.

The program runs for six weeks and is held twice weekly.

The comprehensive education sessions cover topics including:

- Knowledge of respiratory disorders and use of respiratory medication
- Breathing techniques and managing breathlessness
- Benefits and guidelines to activity and exercise
- Psychosocial impact of living with chronic disease
- Energy conservation techniques, relaxation and stress management
- Healthy eating
- Continence and the pelvic floor
- Managing swallowing problems and reflux

Partners or close friends are welcome to attend the education sessions.

The Donvale Pulmonary Rehabilitation Team

Our team consists of:

- Rehabilitation specialist
- Pulmonary rehabilitation nurse
- Physiotherapist
- Exercise physiologist
- Occupational therapist
- Dietitian
- Pharmacist
- Psychologist
- Speech pathologist

Cost

We have arrangements with most health funds and Department of Veterans' Affairs, which ensures your out of pocket expenses are kept to a minimum. Participants will be notified of any costs prior to commencing the program.

Referrals

Participants can be referred to the pulmonary program by their respiratory physician, general medical practitioner or acute hospital.

The pulmonary rehabilitation nurse will contact you to arrange an initial assessment by a rehabilitation specialist at Donvale Rehabilitation Hospital.

Referrals should be addressed to:

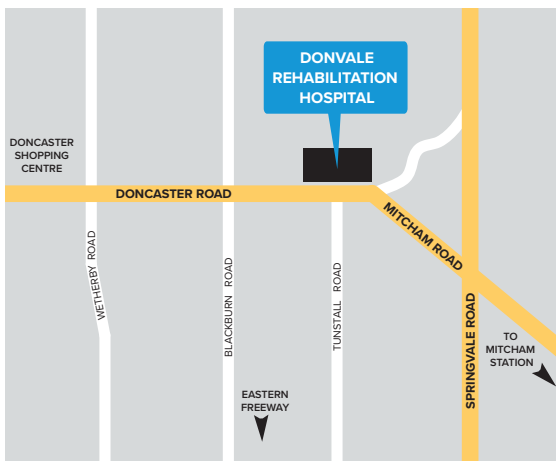
Mail: Donvale Rehabilitation Hospital
1119 Doncaster Rd, Donvale 3111

Fax: 03 9841 1405

Email: outpatient.drh@ramsayhealth.com.au

Contact us

To speak with the Pulmonary Program Co-ordinator, please call **03 9841 1276**.



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donvalerehabilitationhospital.com.au

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