PULMONARY REHABILITATION
Improving Breathing

Pulmonary Rehab
Your Path to Breathing Better

Your Trusted Partner in Health

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San Luis Valley
HEALTH

A physician referral is needed to participate in the pulmonary rehabilitation program. Talk to your doctor to find out if it is right for you.
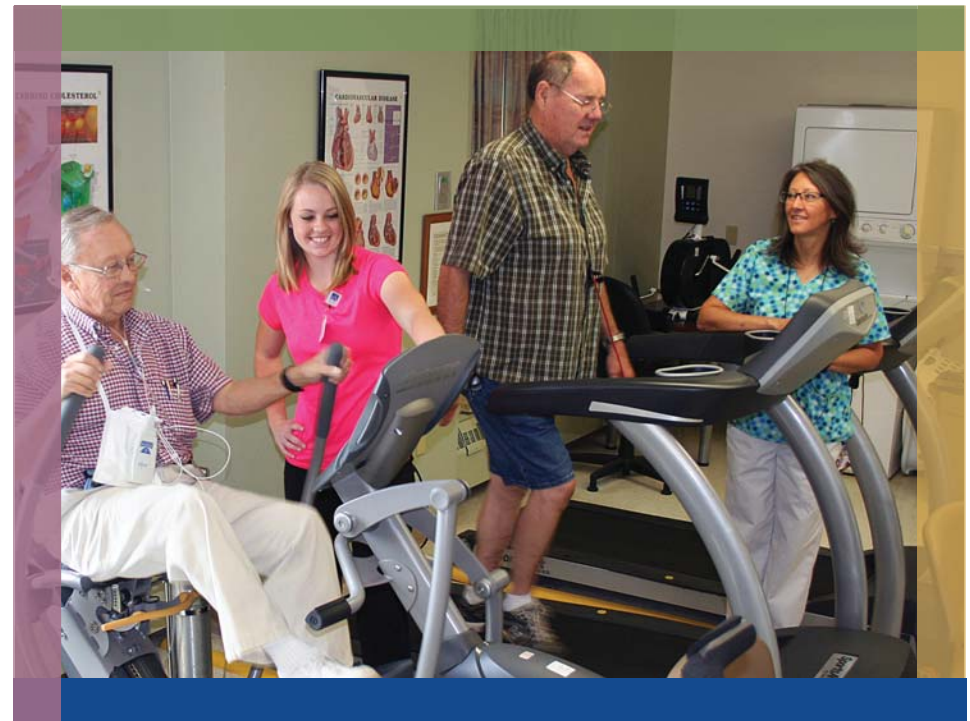
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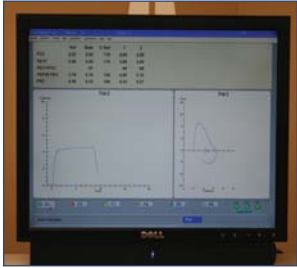For more information, please contact:

719-587-1271
cp@slvrmc.org

San Luis Valley Health
Regional Medical Center
106 Blanca Ave. Alamosa, CO 81101

Fax 719-587-1270

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What is Pulmonary Rehab?

ꙮ Pulmonary Rehabilitation is a multidisciplinary program of care for patients with chronic respiratory impairment that is individually tailored and designed to optimize physical and social performance and autonomy.

Who qualifies?

- Obstructive Diseases: COPD (including alpha-1 antitrypsin deficiency)
- Persistent asthma
- Bronchiectasis
- Cystic fibrosis
- Pulmonary hypertension
- Interstitial fibrosis
- Sarcoidosis
- Chest wall diseases
- Multiple Sclerosis
- Obesity-related respiratory disease
- Neuromuscular diseases
- Lung cancer
- Primary pulmonary hypertension
- Pre and post lung volume reduction surgery

Benefits

Demonstrated outcomes of Pulmonary Rehabilitation:

- ❖ Reduced respiratory symptoms
- ❖ Increased exercise performance
- ❖ Increased knowledge about pulmonary disease and its management
- ❖ Enhanced ability to perform activities of daily living
- ❖ Improved health related quality of life
- ❖ Improved psychosocial symptoms
- ❖ Reduced hospitalizations and use of medical resources
- ❖ Return to work for some patients
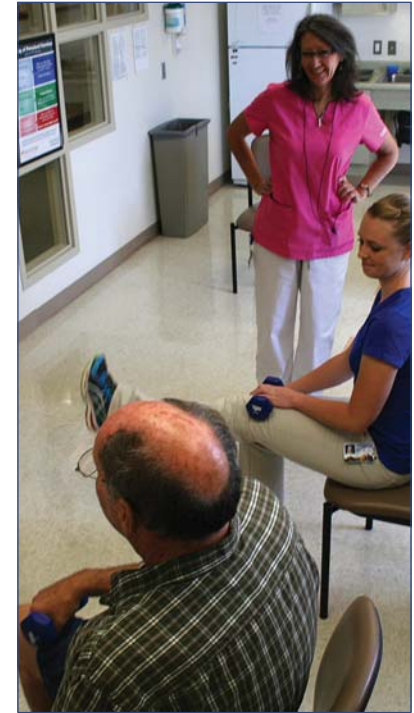
"Pulmonary Rehabilitation has been a life saving pathway between inactivity and activity, isolation and socialization, depression and hope, and from being an observer of life to an active participant."

— Jo Kreps, CRT

Our Services

Educational Programs:
- ❖ Information on medications side effects, proper usage
- ❖ Understanding and using oxygen
- ❖ Diet, nutrition, and weight management
- ❖ Breathing retraining
- ❖ Importance of exercise
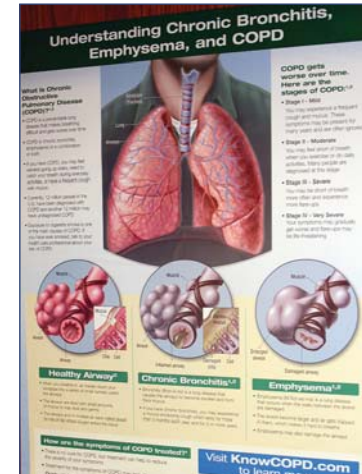
Psychosocial Support:
People who have chronic lung diseases are more prone to depression, anxiety, and other emotional problems. Our program offers counseling referrals from a variety of sources.

Medical Evaluation:
A comprehensive medical evaluation is conducted by our pulmonary rehabilitation team, then an individualized program is developed based on their findings.

Monitored and Supervised Exercise:
People with pulmonary disease often limit physical activity because they are frightened they will become short of breath; lack of activity, however, reduces muscle strength and causes weakness. Our pulmonary rehabilitation program includes exercises and activities tailored to your needs to help participants increase physical capacity and regain control of breathing. By combining exercise with other services patients improve their abilities to carry out activities of daily living with more energy and less difficulty.


Program Scheduling
Program consists of 18 to 36 sessions of conditioning and education. Each session will last an hour and a half and be scheduled on Tuesdays, Wednesdays, and Fridays.

Pulmonary Rehabilitation is covered by most major insurance companies, including Medicare. We will assist you in determining your eligibility. Often, pre-authorization is required by your insurance carrier.

Jo Kreps, CRT
RespiratoryTherapist
Cardiopulmonary Rehabilitation

Jessie Evitt
Exercise Physiologist
Cardiopulmonary Rehabilitation

Lee Grigsby, MD
Medical Director, Cardiologist,

Sheridan Moosman, RT
Director Cardiopulmonary Services

Your success in achieving your lung health goals is our goal!

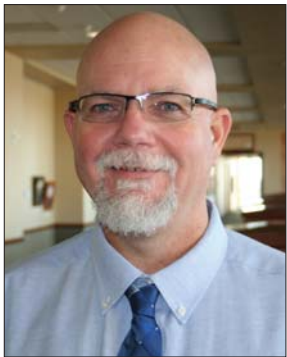# Pulmonary Rehab Team

Choose to Help Your Lungs
We work closely with you and your physician/provider to improve your overall health and quality of life. Our staff is available to answer any questions you may have about the program.

Doris Erskine, RN, CDE
Diabetes Education Empowerment Program

Shannon Hostetter, RN
Coumadin Clinic

Charlie Reich
PRO Therapy—PT/OT & Speech

Carole Tucker
Director of Pharmacy

Rebecca McGeown, RD
Clinical/Outpatient Dietitian

Audrey Reich
MSW, LCSW
Behavioral Health