

Who would benefit from Pulmonary Rehab?

Patients with any of the following:

- COPD
- Asthma
- Chronic Bronchitis
- Bronchiectasis
- Pulmonary Fibrosis
- Pre/Post Lung transplantation
- Emphysema
- Cystic Fibrosis
- Kyphoscoliosis and Scoliosis
- Plus other respiratory diagnosis

The patient should:

- Have disabling symptoms that impair their level of functioning
- Have quit smoking or be willing to participate in a smoking cessation program
- Be willing to cooperate and participate in the plan of care
- By physically able, motivated, and willing to participate in rehab



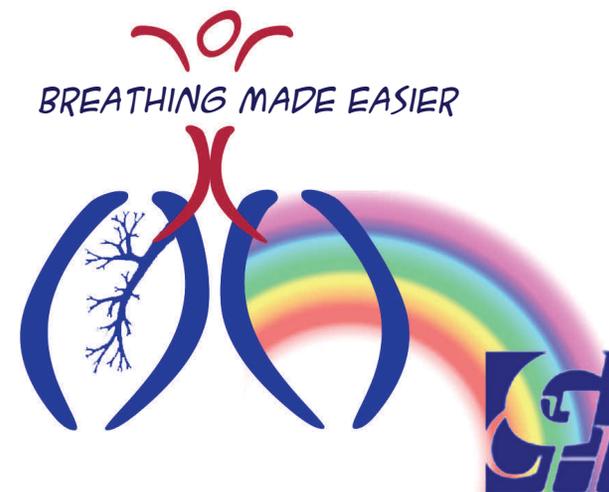
Pulmonary Therapists 70+ Years Experience Combined (pictured above from left to right)

Kathy Semke - RCP 34 years Experience

Shari Carroll - RCP 22 years Experience

Monique Smith - RCP 18 years Experience

Pulmonary Rehabilitation Services



The expertise you need. The personal care you want.

Pulmonary Rehabilitation Department
710 N. 12th ■ Guthrie Center, IA 50115
641-332-3904



The expertise you need. The personal care you want.

Choose GCH for Pulmonary Rehabilitation



Shown in above photo:
Shari doing monitored exercise with patient

Patients attend sessions 2-3 days per week for approximately 5-16 weeks for a total of 12-36 sessions.

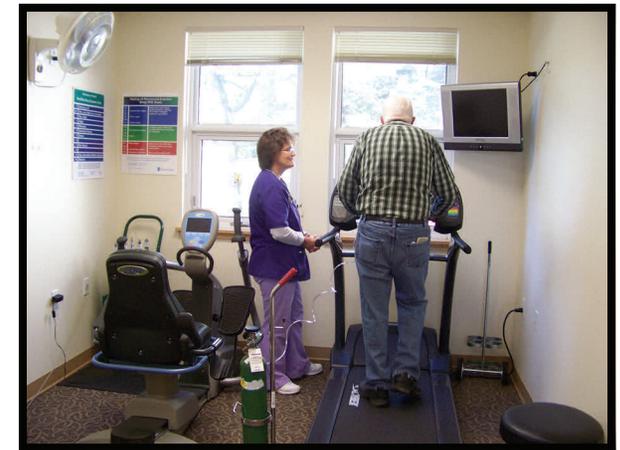
Program Goals:

- To improve quality of life
- To reduce respiratory symptoms
- To increase knowledge of pulmonary disease and its management
- Less frequent visits to Doctor or emergency room
- To increase survival rates in patients
- To return to work or leisure activities
- To better perform daily activities

What We Do:

All patients receive a thorough evaluation and individualized treatment plan, which includes, but is not limited to:

- Respiratory Assessment
- Pulmonary Function Test
- Six-minute walk testing- pre and post rehabilitation
- Nutritional assessment with Dietitian
- Psychosocial assessment and support for the patient and family with social services
- Home exercise program
- Monitored exercise
- Breathing re-training
- Energy conservation techniques
- Education of medication usage, dosing, and delivery techniques with Pharmacist
- Education on normal lung function and disease processes
- Education on emotional issues such as depression, panic attacks, and stress management.
- Airway clearance techniques
- Increased muscle strength and endurance
- Less anxiety and overall nervousness



Shown in above photo:
Shari doing monitored exercise with patient

Benefits of Pulmonary Rehabilitation:

- Better weight management
- Physical fitness
- Information about your lungs. Such as how COPD affects them
- Advice on when to call your doctor
- Help with COPD symptom control and understanding how COPD medicines work
- Support for quitting smoking
- An opportunity to gain information on support services
- Classes to help you become stronger and able to exercise with less shortness of breath