



Cardiopulmonary Rehabilitation Program



When someone has a medical condition or surgery that involves the heart or lungs, **cardiopulmonary rehabilitation is designed to help him or her recover physical function and return home as soon as possible.**

Cardiopulmonary Conditions

Heart disease, which includes heart attacks, arrhythmia, and congestive heart failure, is the leading cause of death among Americans, while chronic lower respiratory disease, which includes chronic obstructive pulmonary disease and asthma, is the third leading cause.

For both cardiac and pulmonary conditions, specialized cardiopulmonary rehabilitation helps patients improve their physical health and quality of life and avoid returning to the hospital or emergency department. Cardiopulmonary rehab incorporates guided exercise and education to help patients cope with daily activities and make lifestyle changes such as stopping smoking or losing weight to help improve their overall health.

Loss of Function and Common Problems

- Shortness of breath
- Fatigue and lack of energy
- Nausea
- Tightness in chest
- Loss of appetite or unintended weight loss
- Anxiety

Our Rehabilitation Team

Our interdisciplinary rehabilitation team is committed to helping each patient and family progress to recovery. This specialized team evaluates and develops a personalized

treatment plan designed to help each individual recover and develop the skills needed to return home and live as independently as possible.

The rehabilitation team may include:

- Patient/caregiver
- Physicians specializing in rehabilitation
- Rehabilitation nurses
- Physical therapists
- Occupational therapists
- Speech therapists
- Case managers/social workers
- Nutritional counselors

Research shows that cardiac rehabilitation helps older coronary patients live longer, regardless of their clinical diagnosis, gender, race, or socioeconomic background.¹ “This study should be a wake-up call to cardiac patients, their families, and their physicians that **cardiac rehab can extend life and improve the quality of life, even in older people,**” said Dr. William Stason, senior scientist at the Heller School.²





Cardiopulmonary Rehabilitation Program

The American College of Chest Physicians (ACCP) and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) recommend a comprehensive pulmonary rehabilitation program for patients with chronic obstructive pulmonary disease. Pulmonary rehabilitation can result in significant physical and emotional benefits for patients with COPD, improving quality of life and decreasing hospital stays.³

Rehab in the Acute Inpatient Rehabilitation Setting or Inpatient Rehabilitation Hospital

In general, cardiopulmonary rehabilitation helps patients with exercises designed for strengthening and improving balance, and provides coaching and techniques for improved, ongoing self-management. It typically includes physical, occupational and speech therapy:

- Physical therapy focuses on exercise routines designed to strengthen and maintain muscle function. Our physical therapists also help patients learn how to use any required mobility devices.
- Occupational therapists help patients learn techniques for managing self-care activities such as dressing, bathing as well as everyday activities such as home management. They also will provide instruction for equipment that will help patients better perform these activities.
- Speech therapists provide training regarding breathing and swallowing.

Areas of focus include:

- Teaching adapted activities of daily living (ADLs)
- Progressive exercise regimen tailored to fit each patient's needs and abilities
- Anxiety and pain management
- Patient and family education
- Healthy lifestyle programs such as nutrition education, smoking cessation, stress and weight reduction

Caregiver Support

We know the critical role caregivers and family members play in helping their loved ones recover from a cardiac or pulmonary event. We also know it can be stressful at times. Our care team offers support and information to help caregivers and other loved ones understand the recovery process and how to best help their loved one. They also will help direct caregivers to the right resources so they can get help and support when they need it.

1. Suaya JA, Stason WB, Ades PA, Normand SL, Shepard DS. *Cardiac rehabilitation and survival in older coronary patients*. Journal of the American College of Cardiology. 2009 Jun 30. <http://www.ncbi.nlm.nih.gov/pubmed/19555836>
2. *Cardiac rehabilitation saves lives*. Brandeis University. 2009 Jun 8. http://www.eurekalert.org/pub_releases/2009-06/bu-crs060809.php
3. *Pulmonary Rehab Need For Patients With COPD Reinforced by New Guidelines*. American College of Chest Physicians 2007 May 10 <http://www.medicalnewstoday.com/releases/70197.php>

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Request a Patient Assessment.**