

Program

Pulmonary Rehabilitation is a comprehensive medically-monitored exercise and education program. St. Luke's Pulmonary Program is one of the nation's programs certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). In addition to pulmonary rehabilitation services, physical therapy, registered dietitian, and psychology services are available when indicated.

For Chronic Obstructive Pulmonary Disease (COPD) patients, please refer to the classification and treatment chart on the back.

Once referred by a physician, participants can expect to:

- Attend 2-3 one-hour sessions per week for approximately 12-24 visits.
- Receive multidisciplinary and individually tailored program designed to optimize physical and social performance and autonomy.
- Obtain education and support for disease prevention and management.

Patient

Pulmonary rehabilitation is for patients with chronic respiratory impairment that most insurance companies will reimburse.

Medicare approved diagnosis include:

- COPD
- Asthma
- Chronic Bronchitis
- Emphysema
- Pulmonary Hypertension
- Interstitial Lung Disease
- Cystic Fibrosis
- Lung Cancer
- Pre/Post LVRS
- Restrictive Lung Disease

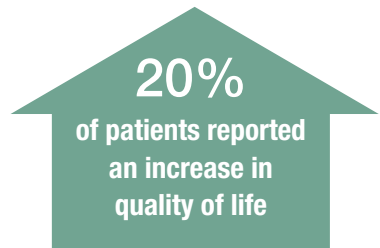
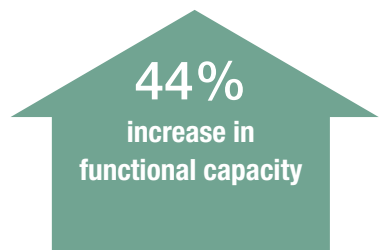
With Physicians and Their Patients in Mind

Teamwork is important. Referring physicians always receive:

- A discharge summary at your patient's completion of program.
- Staff calls referring physician to report any irregular vital signs or signs and symptoms.



Patient Outcomes



Source: Average Patient Data

COPD Patients

National standards for hospital readmissions are 21%; however, with early entry into pulmonary rehab programs this percentage has been shown to significantly decrease. Indications for pulmonary rehabilitation are defined by the COPD GOLD standards. Those that fall within moderate to severe stages of COPD are recommended to attend a pulmonary rehabilitation program.

For COPD patients: Global Initiative for Obstructive Lung Disease - Classification & Treatment of COPD GOLD

Stages:	Characteristics:	Management:
0: At Risk	Chronic cough & sputum production Exposure to risk factors Normal Spirometry	Avoidance of risk factors, Influenza vaccine
1: Mild	FEV1/FVC < 70% FEV1 > 80% With or without symptoms	Add short acting bronchodilator prn
2: Moderate	FEV1/FVC < 70% FEV1 50-79% predicted With or without symptoms	Add one or more long acting bronchodilators ADD PULMONARY REHABILITATION
3: Severe	FEV1/FVC < 70% FEV1 30-49% predicted With or without symptoms	Add inhaled glucocorticosteroids if repeated exacerbations
4: Very Severe	FEV1/FVC < 70% FEV1 < 30% Plus chronic respiratory failure	Add long-term oxygen therapy for chronic respiratory failure; Consider surgical options

"It was wonderful. They took good care of me, checking my blood pressure and my oxygen saturation all the time. Everyone knew what they were doing. They look after you real close."

William Lester, St. Luke's patient

"Nothing impacts lives like pulmonary rehab."

Rhonda S. Bilyeu, RRT, CPET

Inpatient Case Management

Phone: 509-473-6058
Fax: 509-473-6118

  st-lukes.org

Outpatient Locations

For a list of all outpatient therapy locations near you visit st-lukes.org/locations

Phone: 509-473-6869
Fax: 509-473-6097

These accreditations assure patients the highest quality care and results possible.



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St. Luke's is a division of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community.

* Visit st-lukes.org for a complete list of CARF accredited programs.