

Pulmonary rehabilitation



The pulmonary rehabilitation program is conducted by a multidisciplinary team of health professionals. The program is aimed at helping patients with chronic lung conditions such as emphysema, bronchiectasis, chronic asthma and pulmonary fibrosis to:

- reduce breathlessness
- improve their exercise tolerance
- improve their activity levels and function
- enjoy improved quality of life
- improve management of their own health

How it helps

With a personalised exercise program the ability to walk further, with less shortness of breath, is achievable. No matter how severe the lung condition. It is beneficial even for patients requiring daily oxygen therapy. The program helps by improving oxygen utilisation within the whole body.

What's involved

The Pulmonary Rehabilitation program is a rolling program which runs twice weekly for six weeks. The program consists of education relating to lung disease and quality of life and individualised exercises to improve fitness and function.

Education topics covered include:

- How the lungs work
- The importance of exercise in pulmonary (lung) disease
- Pacing and energy conservation

- Sleep hygiene
- Medication management
- Symptom management
- Managing stress and the benefits of relaxation
- Community resources and support services
- Nutrition and weight management
- Lifestyle changes
- Self management and advocacy

Education is preceded with an hour of exercise, supervised by an exercise physiologist or physiotherapist, which includes endurance and strength exercises.

How to start

To participate in this program, a referral from your GP or respiratory physician to one of our consultant physicians is required. The multi-disciplinary team will assess the patient prior to starting the program.

The program is funded by private health insurance funds under hospital cover and DVA. TAC and Workcover may fund patients whose pulmonary disease is directly related to their claims. Patients may also self-fund.

For more information, contact the pulmonary rehabilitation coordinator on (03) 9788 3367

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