

## Where

The Physiotherapy Department situated next to the Hamilton House Allied Health Centre, Tyers Street, Hamilton.

## When

Sessions are held on Mondays & Thursdays from 1.30pm to 3.30pm.

## What to bring

- Reliever medication (e.g. Ventolin) and spacer if relevant.
- Portable oxygen (if required)



Wear comfortable clothing and footwear appropriate for light activity.

## Parking

Close disability parking is available at the rear of the Physiotherapy building.

**For more information about the Pulmonary Rehabilitation Program contact the Coordinator on:**

**(03) 5551 8688**

or

**Allied Health Front Reception on:**

**(03) 5551 8351**

**Telephone: (03) 5551 8222**  
**Western District Health Service**

*Incorporating*

Hamilton Base Hospital  
National Centre for Farmer Health  
Coleraine District Health Service  
Merino Community Health Centre  
Penshurst & District Health Service  
Frances Hewett Community Centre & WDHS Youth Services  
Allied Health/Hamilton House Building  
Grange Residential Care Service  
The Birches Residential Care

PO Box 283  
Hamilton VIC 3300  
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Internet: www.wdhs.net



# Pulmonary Rehabilitation Program



***A community based program designed to help people with asthma, COPD and other lung conditions live and function more independently at home.***

[www.wdhs.net](http://www.wdhs.net)

## Aims of the Program

- To improve your ability to self-manage your lung condition
- Improve your quality of life.
- Reduce stress and anxiety
- To increase muscular strength and endurance to enable you to carry out daily activities more easily.
- To increase your confidence and ability to manage.
- To avoid unnecessary hospital stays.

## Entry into the Program

- Referral from your Physician, GP, Respiratory Educator or hospital.
- Program limited to 10 participants.
- A pre-assessment visit is essential to ensure suitability to program & to provide program staff with baseline information.
- Partners are welcome to attend the education sessions.
- Clients can self refer.

## THE PROGRAM OUTLINE:

### Twice weekly sessions for 8 weeks;

Each session runs for 2 hours

- 50 minute specifically designed exercise session
- 50 minute interactive education by a member of the multidisciplinary health team

### Our Multi-Disciplinary Team

- Respiratory Physician
- Psychologist
- Physiotherapist
- Respiratory Educator
- Pharmacist
- Infection Control Consultant
- Occupational Therapist
- Dietician
- Advanced Care Planner/Complex Care Coordinator
- Diabetes Educator
- Continence Advisor
- Ambulance Paramedic

## TOPICS INCLUDE:

**Understanding chronic illness and its management with a focus on respiratory diseases;**

### Benefits of Exercise

- How we breathe
- Why we need to exercise
- How much and how often to exercise

### Medications Doses and Effects

- Medications for long-term respiratory and other conditions
- Inhaler technique, skills and options

### Psychological Aspects of Chronic Illness

- Learning to live with chronic illness and the link between chronic illness and emotional health and wellbeing

### Monitoring

- Warning signs
- Emergency management
- Action Plans
- Self-management skills

### Infection Control Issues

- Precautionary tactics/Respiratory hygiene

### Nutritional Advice

- Healthy Foods

### Advance Care planning

- ...and MORE