

My team *is* **BRHS**

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.



We welcome feedback at:

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Pulmonary Rehabilitation
Community Health

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.

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Bairnsdale Regional Health Service is located on the traditional land of the Gunai Kurnai people.

What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is a program for people short of breath because they have a lung condition. It helps people with long term lung conditions such as emphysema, chronic bronchitis or COPD (chronic Obstructive Pulmonary Disease).

The aims of the program

1. To increase your strength and the distance you can walk
2. To increase your quality of life.
3. To increase your confidence and ability to cope.
4. To keep you out of hospital.

What to expect

1. Information talks and an exercise program every session.
2. The program is run by nurses and physiotherapists.
3. Exercises are chosen to suit your ability and health.

Session topics

1. How to manage your lung condition better.
2. Ways to relax.
3. Exercising with breathing problems.
4. Understanding your medications.
5. Saving energy while doing daily activities.
6. Eating needs of people with a lung condition.
7. Caring for yourself and managing feelings caused by your lung problem.
8. Talking with your health workers and Doctors.

When is it?

10.00am – 12.30pm Thursdays for 12 weeks

Where is it?

Community Health Centre, Ross St Bairnsdale

Cost

\$7.00 per session which includes morning tea.
Partners/Support Person (no charge).

Referral

You need to bring a letter or referral from your Doctor saying that you are able to do the program.

The Community Health Centre is Open

Monday to Friday 8.30am to 4.30pm

We want to make sure you are involved with the treatment you receive by helping you do as much as you can for yourself to help you stay independent.

Right from the start we will talk with you about why you have been sent to us and what you want to get out of your visit. With your help we will work out a care plan to help you reach your personal goals.

You might like to think about this before your visit and bring your ideas with you.

