

Pulmonary Rehabilitation

A PATH TO BREATHING BETTER

People diagnosed with chronic obstructive pulmonary disease (COPD) know that it is a serious and debilitating condition requiring ongoing medical attention. But many do not realize that pulmonary rehabilitation may help them live and breathe better. This therapy is most effective when started in the moderate stage of COPD—but even people who have advanced stage lung disease can benefit.

HELPS TO ►



Reduce COPD symptoms



Increase physical activity



Improve daily life function



Improve emotional health

THE JOURNEY BEGINS

Before you can start pulmonary rehabilitation, a healthcare provider will assess your health status and develop a customized plan based on your:



Physical well-being



Emotional well-being



Food intake & nutrition

2
in 3



patients who participate in pulmonary rehabilitation report positive outcomes.¹

ALONG THE WAY

Once your program begins, you will work with experts, usually in an outpatient hospital or clinic. In-home programs are also available.



Exercise specialists help improve endurance and muscle strength, giving you the stamina to carry out daily activities better.



Physical therapists teach you energy-conserving techniques and ways to breathe easier.



Dietitians offer nutritional counseling and eating plans to help manage your weight and enhance muscle mass.



Doctors and nurses help you better manage your COPD and avoid things that make it worse.



Respiratory therapists teach breathing strategies to open airways, expand lungs, and increase airflow.

MORE THAN

90%

of patients who undergo pulmonary rehabilitation spend fewer days in the hospital.²



COPD PATIENTS ARE

85%

more likely to develop anxiety disorders.³



WHEN YOUR PROGRAM ENDS

Most pulmonary rehabilitation programs last a few months. Your progress at the end will be measured against how you functioned at the start. Your healthcare provider will then prescribe exercises, breathing strategies, and other activities to do on your own.



Psychologists help manage depression, anxiety, and overall mental health.

Reduced COPD symptoms



Improved quality of life



Increased physical activity



After your program, you should experience:



SOURCES

- 1 Scott, A. S., Baltzan, M. A., Fox, J., & Wolkove, N. (2010). Success in pulmonary rehabilitation in patients with chronic obstructive pulmonary disease. 219-223. Retrieved November 16, 2018, from www.ncbi.nlm.nih.gov/pubmed/21037996
- 2 Katajisto, M., & Laitinen, T. (2017). Estimating the effectiveness of pulmonary rehabilitation for COPD exacerbations: Reduction of hospital inpatient days during the following year, 2763-2769. Retrieved November 16, 2018, from www.ncbi.nlm.nih.gov/pmc/articles/PMC5624742/
- 3 Yohannes, A. M., & Alexopoulos, G. S. (2014). Depression and anxiety in patients with COPD. NCBI. Retrieved from www.ncbi.nlm.nih.gov/pmc/articles/PMC4523084/

If there is little to no improvement, talk with your healthcare provider about an alternative therapy.



NIH National Heart, Lung, and Blood Institute

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