

To join phone the Access team on 1300 665 781

Locations

Mornington:

62 Tanti Avenue, Mornington

Frankston:

Frankston Integrated Health Centre,
Hastings Road, Frankston

Hastings:

185 High street, Hastings

Rosebud:

Rosebud Community Health
Braidwood Ave, Rear of Rosebud
Hospital

To join the Chelsea group
phone 9788 1377

Chelsea:

Church of Christ,
3-5 Blantyre Ave, Chelsea

Information within this flier has been adapted from 'Better Living with COPD: A Patient Guide', QLD Health & Australian Lung Foundation 2008

Referrals from

- GP's
- Respiratory Physicians
- Respiratory Ward Registrar
- Respiratory Nurse / Clinicians
- Health Professionals
- Self-referrals (with supporting GP information)

What will you need?

- A lung function test results within last 12 months

Cost

\$70 fee includes:

- Assessments before and after the program
- 12 sessions
- Booklet and handouts
- Follow-up

The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

Print Code: 11773 – 14/08/12 Auth Dept: Community Health



PENINSULA HEALTH

Peninsula Health
PO Box 52
Frankston Victoria 3199 Australia
Telephone 03 9784 7777
www.peninsulahealth.org.au

SERVICE INTEGRITY COMPASSION RESPECT EXCELLENCE



PENINSULA HEALTH

Community Health

Pulmonary Rehabilitation Programs



For people with
chronic lung
conditions

IN PARTNERSHIP,
Building a
Healthy Community



What is Pulmonary Rehabilitation?

Pulmonary Rehabilitation is a six week program run a physiotherapist, exercise physiologist or a nurse.

The sessions run for 2 hours each week. Each session includes one hour of safe, monitored exercise and one hour of education. Family, carers and partners are welcome.

Who is the Pulmonary Rehabilitation Program for?

Any people living with chronic lung conditions, such as:

- Chronic Asthma
- COPD (Chronic Obstructive Pulmonary Disease)
- Emphysema
- Pulmonary Fibrosis
- Interstitial Lung Disease

What will you learn about?

- Medications and puffers
- Managing being 'out of breath'
- Information on diseases
- Coping with chronic lung conditions
- Physical exercise
- Managing feelings of being sad or anxious

What are the benefits?

- Improves breathing
- Increases ability to take part in more activities each week
- Clears mucus from your chest
- Improves balance
- Improves mood
- Improves feelings of control
- Stronger and healthier heart
- Improves arm, body and leg muscle strength
- Reduces 'being out of breath'
- Increases independence
- Helps with weight control
- Improves bone density



It is important to continue to maintain the benefits of pulmonary rehabilitation. If you stop exercising you can quickly lose fitness and muscle strength.

Where to next when you finish?

It is strongly recommended that you continue after you have finished this program. Exercise maintenance programs called Lungs in Action are available upon completion of the Pulmonary Rehabilitation Program at Frankston, Mornington and Rosebud