

## Goals

The goals of the Pulmonary Rehab Program are to help reduce respiratory symptoms, increase exercise performance, increase the knowledge about the disease and management of the disease. Goals also include improving psychosocial symptoms and for some patients even returning to work. Every individual will have different outcomes from the program.

The staff of the program are here to assist each individual to be the best that they can be with their disease process.

## Insurance

Most major insurance companies have coverage for participants who qualify under Phase II of the Pulmonary Rehab Program. It is recommended that each patient should contact their individual insurance company to determine specific coverage.

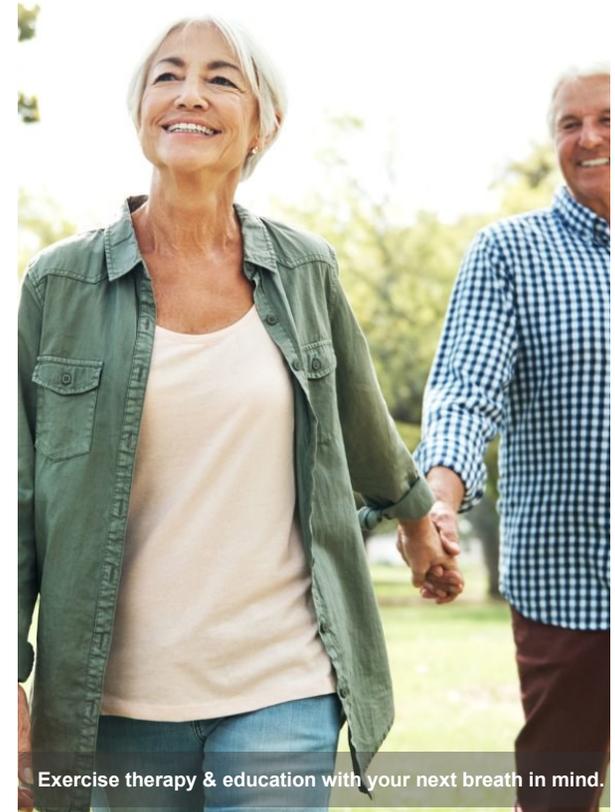


For more information contact  
701.776.5455 ext. 2209  
[www.hamc.com](http://www.hamc.com)

Good Samaritan Hospital Association does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.

German: **ACHTUNG** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.  
Rufnummer: 1-855-293-8133 (TDD 1-701-776-5043)

Spanish: **ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-293-8133 (TDD 1-701-776-5043)



Exercise therapy & education with your next breath in mind.

# PULMONARY REHABILITATION PROGRAM

Heart of America Medical Center



## Pulmonary Rehabilitation Program

The Pulmonary Rehab Program at the Heart of America Medical Center offers supervised exercise therapy and education to the people who have pulmonary problems (lung).

The purpose of Pulmonary Rehab is to assist the patient in alleviating symptoms, optimize their daily functions and help improve their quality of life.

Pulmonary Rehab is a multi-disciplinary program tailored and designed to meet the needs of every individual in the pulmonary program.

To participate in the Pulmonary Rehab Program at HAMC a physician referral is required.

## Inpatient Phase I Begins

Hospital Inpatient Phase I of the Pulmonary Rehab is an education and exercise program which begins while the patient is in the hospital. It involves gradual activity progression. This phase involves Nursing, Respiratory Therapy, Occupational Therapy, Pharmacy, Dietary, Physical Therapy, Diabetes Education and Social Service as needed.

## Outpatient Phase II Begins

Outpatient Phase II of the Pulmonary Rehab program provides follow-up of the education and exercise started in Phase I while the patient was hospitalized. Phase II usually begins 1-4 weeks after hospital discharge. The usual attendance at the session is 2-3 times a week for 6 to 8 weeks.



Physician referral is necessary for entrance into the program. Check with your physician if you are interested in the program. The exercise session consists of a warm-up period, monitored exercise, education and then a cool down session. The participant's physician will receive reports of the patient progress, or of any changes in the patient condition.

## Outpatient Phase III

Phase III is for individuals who complete Phase II and want to continue with the Pulmonary Rehab program or who are at high risk for pulmonary disease and would like a more active lifestyle. Participation includes attending one-hour sessions one to two times weekly. The goal of this program is to improve the quality of life for individuals with pulmonary problems. Participants can start or stop at any time.

## Contact Us

**Heart of America Medical Center**  
800 South Main Avenue  
Rugby ND 58368

(701) 776.5261

Visit us on the web: [www.hamc.com](http://www.hamc.com)