Pulmonary Rehabilitation

[Name]

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Pulmonary rehabilitation is the most important part of health maintain of the patients with chronic respiratory disease and these patients have decreased functions despite receiving all the health treatments. It is an intervention that is designed to improve the mental and physical health of patients with respiratory diseases. It is the core component of the care of people with chronic respiratory disease. As a patient with chronic pulmonary disease is less active compared to other patients. These have a lower rate of muscle functions as well and need high care. A pulmonary rehabilitation program provides a safe and physically active environment to the patient with a pulmonary disease which results in the improvement in the quality of life of these patients (Spruit, 2014).

A pulmonary rehabilitation program provides guides to increase awareness regarding the lungs disses and it makes the patients practice various exercises to improve the function of their lungs functions and to beat their disease. The programs are designed to educate people and to reduce the severity of the symptoms and to have the quality of life.

**Patient Selection Criteria:**

Pulmonary rehabilitation program teaches patients to achieve exercise with less shortness of breath. Classes are offered in a group and the patients learn knowledge which helps them to manage chronic lungs disease. They got a chance to meet pole with the same health conditions and they might not need any hospitalized care after attending pulmonary rehabilitation centers. The rehab teams include doctors, physical therapists, nurses, respiratory therapists, dietitians and exercise specialist (Nici et al., 2009).

The selection criteria for the patients is based on the criteria that they must have been referred by their doctors and their spirometer test show that they have Chronic Obstructive Pulmonary Disease. Then the rehabilitation teams talk with the patient about the complete health history, current health conditions and sets future strategies for the patient (Nici et al., 2009). The patients can connect with the rehabilitation centers online and contact their caregivers for further guidance.

**Objectives of the Pulmonary Rehabilitation Program:**

The objective of a pulmonary rehabilitation center is to conduct exercise training, nutritional and psychological intervention and self-management education. The program provides a standard of care for chronic obstructive pulmonary disease. The main aim of the program is to increase the quality of life and decrease the symptoms of chronic obstructive pulmonary disease. The program assists patients with pulmonary disease and changes their behavior to improve health outcomes (Hill, Vogiatzis, & Burtin, 2013).

The program has a strong focus on the national status of the patient. Patients perform exercise based on the level of nutrients in their body and therefore the nutrients level is under focused in the rehabilitation centers. The ability to participate in the rehabilitation program needs the motivation of the patient and this program aims to motivate patients to be part of rehab centers.

**Exercise Routine Followed by the Pulmonary Rehabilitation Program:**

Respiratory diseases have intense implications for the affected individual. As a result of the disease, the patient is unable to breathe and unable to move. Pulmonary rehabilitation provides a therapeutic intervention to improve the health of patients with pulmonary diseases.

However, the patients having COPD may have a different level of response to a different type of exercise training. The type of exercise conducted depends on various factors, including the exchange of gas, the level of energy in a body, the morphological structure of the body, functioning of the legs and that of the respiratory and peripheral muscles. The patients went through various testing before deciding the final exercise training for them.

**Endurance Training:**

It is the most common type of exercise modality for patients with COPD. This exercise is helpful to improve the aerobic activities of a patient and helps to improve the peripheral muscle as well.

**Interval Training:**

It is an exercise being conducted in the pulmonary rehabilitation center to improve peripheral muscles and to improve the cardiorespiratory system. Patients with COPD might feel some fever during the exercise and thus they are trained slowly. The exercise includes intense on and off muscle loads. The training intensity of the exercise differs for the aged patient and conducted with great care.

Cycle-based enduring training and walking based enduring training exercise are also conducted to improve patient respiratory behavior. Most of the patients show great ventilator response while walking than cycling so most of them prefer to walk. Walking based training are very helpful in improving the pulmonary functions of a patient with COPD.

Oxygen supplement therapy is also conducting by the rehabilitation staffs and the therapy improves oxygenations of the peripheral muscle. The use of oxygen also helps in conducting various exercises and the use of oxygen is a part of regular clinical practice.

The pulmonary rehabilitation program will be using all the possible exercise types to have a quick recovery of the patients involved in the program.

**Important Measures are Taken for Successful Outcomes of the Program:**

Trained rehabilitation staffs should be made the part of the program. The caretakers should have enough experience in the field and should be able to provide appropriate services. While the patients who are going to be the part of the program should be divided into groups so that different nutritional and psychological plans should be decided for them, these groups will also be participating in different types of exercise activity based on their health conditions. Moreover, the rehabilitation program should be accessible for every individual so that maximum people can get benefit from it.

References

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