

Admission Criteria:

Who would benefit from
Pulmonary Rehab?

Jane Phillips Wellness
Connection Services:

Pulmonary Rehabilitation Services

Patients with any of the following:

- COPD
- Pulmonary Fibrosis
- Persistent Asthma
- Chronic Bronchitis
- Bronchiectasis
- Lung transplantation
- Emphysema
- Cystic Fibrosis
- Sarcoidosis
- Kyphoscoliosis and Scoliosis
- Chronic respiratory conditions due to fumes and vapors
- Coal Workers Pneumoconiosis
- Plus other respiratory diagnosis

The patient should:

- Have disabling symptoms that impair their level of functioning, i.e. decreased FEV1
- Have quit smoking or be willing to participate in a smoking cessation program
- Be willing to cooperate and participate in the plan of care
- Be physically able, motivated, and willing to participate in rehab

- Cardiac Rehab
- Pulmonary Rehab
- Cancer Exercise
- Diabetic Exercise
- Personal Training
- Fitness Assessments
- Massage Therapy
- Nutrition Consults
- Freedom from Tobacco Consults
- Fitness Center Memberships (Community & Corporate)
- Health Promotion and Screening Programs (Community & Corporate)

To inquire about any of the above services, please call the Wellness Connection at 918/331-1102.

For more information about Jane Phillips Medical Center's Pulmonary Rehab program, please call 918/331-1904.



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www.jpmc.org



Jane Phillips Pulmonary Rehab

provides individualized treatment for people with chronic lung disease.



What We Do:

All patients receive a thorough evaluation and individualized treatment plan, which includes, but is not limited to:

- Respiratory assessment
- Spirometry testing
- Six-minute walk testing
- Nutritional assessment
- Physical therapy functional capacity strength testing
- Psychosocial assessment and support for the patient and family
- Therapeutic strengthening of muscles used for breathing and overall body strength
- Home exercise program
- Monitored exercise
- Breathing re-training
- Disease management techniques
- Energy conservation techniques
- Education of medication usage, dosing, and delivery techniques
- Education on normal lung function and disease processes
- Addressing relevant emotional issues such as depression, panic attacks, and stress management.
- Airway clearance techniques

Patients attend sessions 2–3 days per week for approximately 12–16 weeks for a total of 30 sessions. Jane Phillips Pulmonary Rehab Program is covered by Medicare and most insurance plans.

Program Goals:

- Improved quality of life
- Reduced respiratory symptoms
- Increased knowledge of pulmonary disease and its management
- Enhances ability to perform activities of daily living
- Increased survival in patients
- Return to work or leisure activities for some patients

