

You will also be given the opportunity to interact with dietitians, respiratory therapists, pharmacists, physicians, and nurses during educational sessions. Topics include:

- Proper Nutrition
- Detailed Breathing Retraining
- Infection Prevention and Bronchial Hygiene
- Respiratory Medications
- Energy-Conservation Techniques

### How do I get started?

All patients must have a written referral from their physician for Pulmonary Rehabilitation; you can then be scheduled for an evaluation.

Exercise sessions are two times a week, and the nurse will appoint times that are convenient for you. It is typically an 18-week program for approximately one hour on Tuesdays and Thursdays. Patients may receive up to 36 visits. **A physician referral is required. Referrals can be faxed to 731-644-8493.**

### And after 18 weeks?

After 18 weeks, an optional Phase III program is available. Phase III costs \$25 per month and must be prepaid at the beginning of each month.



# Pulmonary Rehabilitation

at Henry County Medical Center

**Pulmonary Rehab Exercise Hours**  
Tuesdays and Thursdays, 7 am to 5 pm

Pulmonary Rehab is located in HCMC Cardiac Rehab  
301 Tyson Avenue, Paris, TN 38242  
**731-644-8558 | [www.hcmc-tn.org](http://www.hcmc-tn.org)**

**Hours of Operation**  
Monday – Friday: 7 am to 5 pm

**HIC HENRY COUNTY  
MIC MEDICAL CENTER**

It is the policy of Henry County Medical Center and its affiliates to treat all patients and not to discriminate with regard to race, color, religion, national origin, age, sex, sexual orientation, gender identity or expression, or disability.

# Pulmonary Rehabilitation

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**HIC HENRY COUNTY  
MIC MEDICAL CENTER**

# HCMC is committed to helping patients with lung disease

Though Pulmonary Rehabilitation cannot cure lung disease, it can help people make the most of their limited lung function. Over time, it can lead to easier breathing and less frequent breathing challenges.

The outpatient Pulmonary Rehabilitation Phase II program is an exercise and education program designed to enhance quality of life to the highest possible level. The exercise program is designed just for you by your physician, with the help

of a registered nurse, to help increase your independence and understanding of pulmonary dysfunction.

## Who needs Pulmonary Rehab?

**You can benefit from Pulmonary Rehab if:**

- You have Chronic Obstructive Pulmonary Disease (COPD), which refers to a group of lung diseases that block air and make it more difficult to breathe
- Emphysema
- Chronic Bronchitis
- Asthma
- Pulmonary Fibrosis
- Pre and Post Lung Transplant
- Chronic Respiratory Failure
- Restrictive Lung Disease
- Obesity Hypoventilation Syndrome
- Plus Other Respiratory Diagnoses

## What are the benefits of Pulmonary Rehab?

- Less Shortness of Breath
- Improved Strength and Endurance
- Greater Independence
- Better Understanding of Nutritional Needs
- Increased Understanding of Oxygen, Equipment, and Medications
- Less Depression and Anxiety
- Better Coping Skills
- Improved Ability to Return to Work and Leisure Activities
- Improved Quality of Life

## What does it cost?

Pulmonary Rehabilitation is reimbursed by Medicare and most other third-party insurance carriers.

## Who will be working with me?

Exercise sessions are telemetry monitored, and you will be supervised by registered nurses who are Certified in Advanced Cardiac Life Support.

The nurses will help you through each exercise session, talk with you about your concerns and keep you and your physician informed about your individual program.

