

*P*ulmonary Rehabilitation

Helping You Breathe Easier



 **St. Joseph's Hospital**
BayCare Health System

StJosephsTampa.org



Who Needs Pulmonary Rehabilitation?

Pulmonary rehabilitation is designed to help ease a broad array of pulmonary conditions. These conditions range from moderate to severe, and include:

- Obstructive pulmonary diseases
- Restrictive pulmonary diseases
- Pulmonary vascular diseases
- Lung resection
- Lung transplantation
- Occupational or environmental lung disease

The Benefits of Pulmonary Rehabilitation

With comprehensive pulmonary rehabilitation, many patients can achieve:

- A deeper understanding of their disease
- Enhanced quality of life
- Improved ability to perform routine activities
- Fewer hospitalizations
- Reduced shortness of breath
- Improved nutritional status

The Program

The Pulmonary Rehabilitation Program at St. Joseph's Hospital begins with a comprehensive assessment of your pulmonary care needs. Our medical director reviews this assessment, and designs a rehabilitation program tailored specifically for you.

The program has two phases of care: outpatient treatment and outpatient maintenance. Each phase includes:

- Patient and family education
- Exercise
- Nutrition
- General information, such as environmental factors and immunizations

Program Participation

To participate in our Pulmonary Rehabilitation Program, you must have a referral from your physician. While in our program, you will remain under your personal physician's medical care. We will communicate with him or her regularly regarding your progress and any medical issues that may arise.

Our Team

In addition to the medical director, our multidisciplinary team of specially trained health care professionals includes a:

- Program coordinator
- Respiratory therapist
- Registered nurse
- Exercise physiologist
- Dietitian

Through St. Joseph's Hospital, our patients also have access to any other health care professionals needed. All of our resources are available to help you achieve your maximum level of health and well-being.

To Learn More

For more information about the Pulmonary Rehabilitation Program at St. Joseph's Hospital: (813) 870-4844

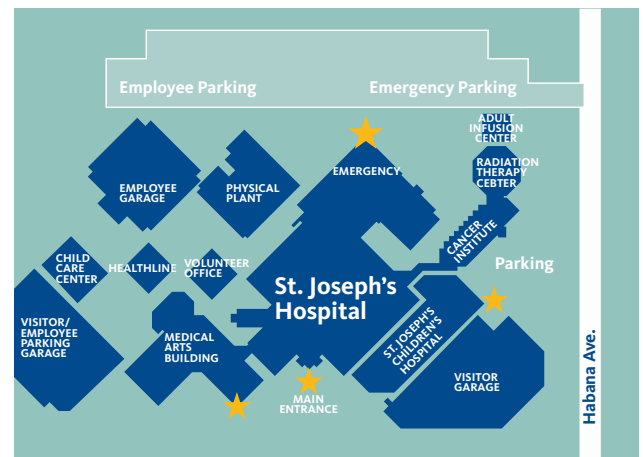


Improve Your Health, Improve Your Life.

The Pulmonary Rehabilitation Program at St. Joseph's Hospital works to help you meet the challenges of living with a chronic lung disorder. Our program includes respiratory care instruction, education, physical fitness training and nutritional counseling. In this supportive environment, we will help you understand your condition and learn to successfully manage it. Our multidisciplinary team will work with you and your family to develop an individualized plan of care that includes realistic and attainable goals. By minimizing the effects of pulmonary disease, we hope to help you improve your quality of life.

St. Joseph's Hospital

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St. Joseph's Hospitals Foundation relies on the generous support of our community to continually improve patient care at St. Joseph's Hospital, St. Joseph's Women's Hospital, St. Joseph's Children's Hospital and St. Joseph's Hospital-North. Funds contributed make possible new facilities and equipment, community education and outreach, and special programs to sustain excellence. Individuals, businesses and foundations provide funding through an array of programs, campaigns and events. For more information on how you can help, call (813) 872-0979 or visit SJHFoundation.org.

St. Joseph's Hospitals are a ministry of the Franciscan Sisters of Allegany.