

Outpatient Services

- Upon enrollment patient will be assessed by an RRT:
 - 6 Minute Walk Test; CAT, PHQ9, and SOBQ questionnaires will be used for outcomes.
 - Introduction and orientation of pulmonary rehab.
 - Patient pulmonary history gone over, and goals set by patient and pulmonary rehab.
- Program length 12-36 weeks
- Education classes offered:
 - Anatomy and Physiology of the lungs
 - Breathing Retraining
 - Exercise Principles and home exercise planning
 - Bronchial Hygiene
 - Preventing infection
 - Self-Assessment Tools
 - Medication
 - Oxygen therapy
 - Managing Stress and Anxiety
 - Energy Conservation
 - Nutrition
 - Traveling with COPD
 - Sleep Problems
- Supervised cardio and strength training classes with an exercise physiologist.
- Monthly report of patient performance uploaded to Epic.
- All patients overseen by the Pulmonary Rehab Medical Director Dr. Carlson.
- Graduation assessment:
 - 6MWT, CAT, PHQ9, and SOBQ questionnaires used for outcomes.
 - Home exercise planning
 - Follow up at 30 days and 60 days.