

Cardiopulmonary Rehabilitation

Cardiac Rehab and Pulmonary Rehab
have combined to become one unit.

Who benefits from Cardiopulmonary Rehabilitation?

Patients who need personalized evidence-based treatment and intervention for cardiac and pulmonary diagnoses. Those who meet the qualification criteria are referred to the program by a physician.

Qualifying cardiac diagnoses

- Heart attack in the last 12 months
- Coronary artery bypass surgery
- Current stable angina (chest pain)
- Heart valve replacement or repair
- Coronary angioplasty (stent)
- Heart or lung transplant
- Stable chronic heart failure (some qualifications apply)

Qualifying pulmonary diagnoses

Pulmonary

- COPD
- Bronchiectasis
- Emphysema
- Interstitial Lung Disease
- Symptoms of Covid-19

Respiratory Services

- Patients with diagnoses that do not meet Pulmonary Rehab criteria but still have functional limitations related to pulmonary disease



Cardiopulmonary Rehab provides patients the tools to:

- Manage breathlessness so they can complete their daily activities to live independently
- Set goals to improve health and establish new habits while reducing unhealthy ones
- Be confident and knowledgeable about their heart, lung, and vascular disease



Patients receive the following services:

- Comprehensive physical assessment with an interview to develop an individual treatment plan
- Exercise prescription personalized to patients current baseline level of function
- Supervised exercise sessions (cardiac with telemetry) with staff educated in exercise science utilizing aerobic machines and resistive training via weights and bands
- Health education topics - heart and lung health, stress management, medications and adherence, nutrition, sleep, behavior and lifestyle change, and much more
- Encouragement and confidence to regain daily activities with improved activity tolerance and quality of life while emphasizing exercise, behavior modification, and a healthy lifestyle

- Patients can receive up to 36 visits of cardiac rehab per event, per CMS guidelines. They will be discharged to self-care and independent exercise at a community level once certain exercise and functional parameters are met.
- Patients can receive up to 36 visits of pulmonary rehab and may qualify for another 36 visits for a lifetime maximum of 72 visits total per CMS guidelines.
- There is no limit to respiratory services that a patient may receive.

Hours of operation

Cardiopulmonary Rehabilitation is open 5 days a week, 8:00 am to 4:30 pm.

- Cardiac Rehab classes - Monday-Wednesday-Friday
- Pulmonary Rehab on Tuesdays-Thursdays.
- Intake evaluations are performed when class times are not scheduled for personal assessment and to ensure privacy

Contact the Cardiopulmonary Rehab Team at 360-385-2200 Ext 1220 (pulmonary) or 1221 (cardiac) with questions.