

St. James Mercy Hospital Services

24-hour Anesthesia
24-hour Emergency Department
Ambulatory Surgery
Cardiology Services
- *Cardiac & Pulmonary Rehabilitation*
- *Echo Sonography*
- *EKG*
- *Stress Testing*
Coumadin Clinic
Dialysis Services
Express Care
Imaging Services
- *CAT Scan*
- *Mammography*
- *Nuclear Medicine*
- *Ultrasound*
- *X-ray*
Infusion Services
Inpatient Medical Care
Laboratory/Phlebotomy
Mercy Suite/Hospice
Nutritional Counseling
On-call Chaplains
Respiratory Therapy
Pulmonary Function Tests

Specialty Services

Cardiology
Colorectal Surgery
Ear, Nose & Throat
General Surgery
Neurology
Ophthalmology
Orthopedic Care
Podiatry
Urology

Physical Health&Rehab Services

Occupational Therapy
Physical Therapy
Speech Therapy

Community Education & Support Services

Cancer Services Program of Steuben County
Care Management/Patient Navigator
Case Management/Discharge Planning
Community and Patient Education Programs
Community Support Groups
CPR & EMT Training

Long Term Care

McAuley Manor at Mercycare
(Skilled Nursing Services & Short-term Rehabilitation)
Adult Social Day Care
MercyLine - Personal Emergency Response System

For more information on Pulmonary Rehab,
contact our Pulmonary Rehab Coordinator at
607-324-8118 or visit www.stjamesmercy.org

St. James Mercy Hospital

Pulmonary Rehabilitation Program

**Breathe Easier...
Live Better**

St. James Mercy Hospital Pulmonary Rehabilitation Program

There is no worse feeling than being “short of breath”. The Pulmonary Rehabilitation Program at St. James Mercy Hospital is designed to slow down and minimize progression of the debilitating symptoms of lung disease, by combining exercise with education, breathing retraining, nutritional counseling, and emotional support.

What is “pulmonary rehabilitation”?

Pulmonary rehab is a program for people with chronic lung diseases like COPD (Chronic Obstructive Pulmonary Disease), emphysema, asthma, cystic fibrosis, lung cancer, and sarcoidosis, or for those awaiting lung transplants.

The goal is to help people lead full, satisfying lives and restore them to their highest functional capacity. Pulmonary rehab can help by:

- Decreasing your respiratory symptoms and complications
- Helping you better understand and manage the physical and emotional aspects of your disease
- Improve and maintain your physical conditioning
- Reduce hospitalizations

Why would I need pulmonary rehab?

If you have a diagnosis of chronic lung disease and have ongoing breathing and quality-of-life issues, you will likely benefit from joining the program. The exercise will improve your breathing and functional ability. The education will improve your ability to care for yourself. And the emotional support will help you cope with your condition.

“My body is stronger since I’ve been coming to rehab.”

What is included in the pulmonary rehab program?

Our program addresses many aspects such as medical management, exercise, breathing retraining, education, emotional support, and nutrition. Exercise is essential for improving the function of your heart and lungs, and to strengthen the muscles used for breathing.

What can I expect?

The qualified staff of the Pulmonary Rehab unit uses a holistic approach to your care considering your functional ability, health, and emotional needs. It starts with a consultation and evaluation with our pulmonary rehab specialist to see if the program is right for you. Once you join the program, you receive a written care plan that includes appropriate exercises, education, and emotional support.

Our team is comprised of specialists who care for people with chronic pulmonary disease, including our pulmonary physician, respiratory therapists, dietitians, and registered nurses. Together, they create a care plan that’s right for you now, and for the long-term.

We provide the “Three E’s”:

- **Exercise:** To help you improve the function of your lungs and heart, and strengthen muscles used for breathing.
- **Education:** To provide you with information about your specific medications, treatments and self-management at home.
- **Emotional Support:** To help you deal more effectively with anxiety and depression, which are common with people with chronic disease and that can interfere with daily living.

Nutrition support and weight management are also important for people with chronic lung disease. We can help with individualized diet plans that enhance your quality of life.

How long is the program?

To be effective, it’s recommended that new patients attend 2 – 3 times a week, for 3 – 4 months. This can vary depending on your needs and your availability. Some patients continue the program on a maintenance basis to sustain and monitor their long-term progress.

How do I get into the program?

If you have a chronic pulmonary disease, you can be referred to our program by your primary care physician or another health care professional. Our staff will contact you to set up an appointment once we receive the required information from your physician.

Will my insurance cover it?

If you are referred to the program following an acute breathing episode, it is probable that your insurance plan will cover 36 sessions of pulmonary rehab (Level II services). Once your Level II sessions are completed, you can choose to continue the program on a maintenance basis (Level III services), and pay for the sessions out-of-pocket. St. James Mercy offers Level III services at a greatly reduced rate. Our staff can help you determine your insurance eligibility, as well as offer financial assistance to those who need it.

If you or a loved one suffers from chronic lung disease, find out how pulmonary rehab can improve the quality of your life. Contact our Pulmonary Rehab Coordinator at **607.324.8118** or visit **www.stjamesmercy.org**

Breathe Easier... Live Better

“I can feel the difference in my body...I don’t get as fatigued as fast.”

“I can walk farther than I did before.”