



The Victorian
Rehabilitation Centre

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A Healthscope hospital.

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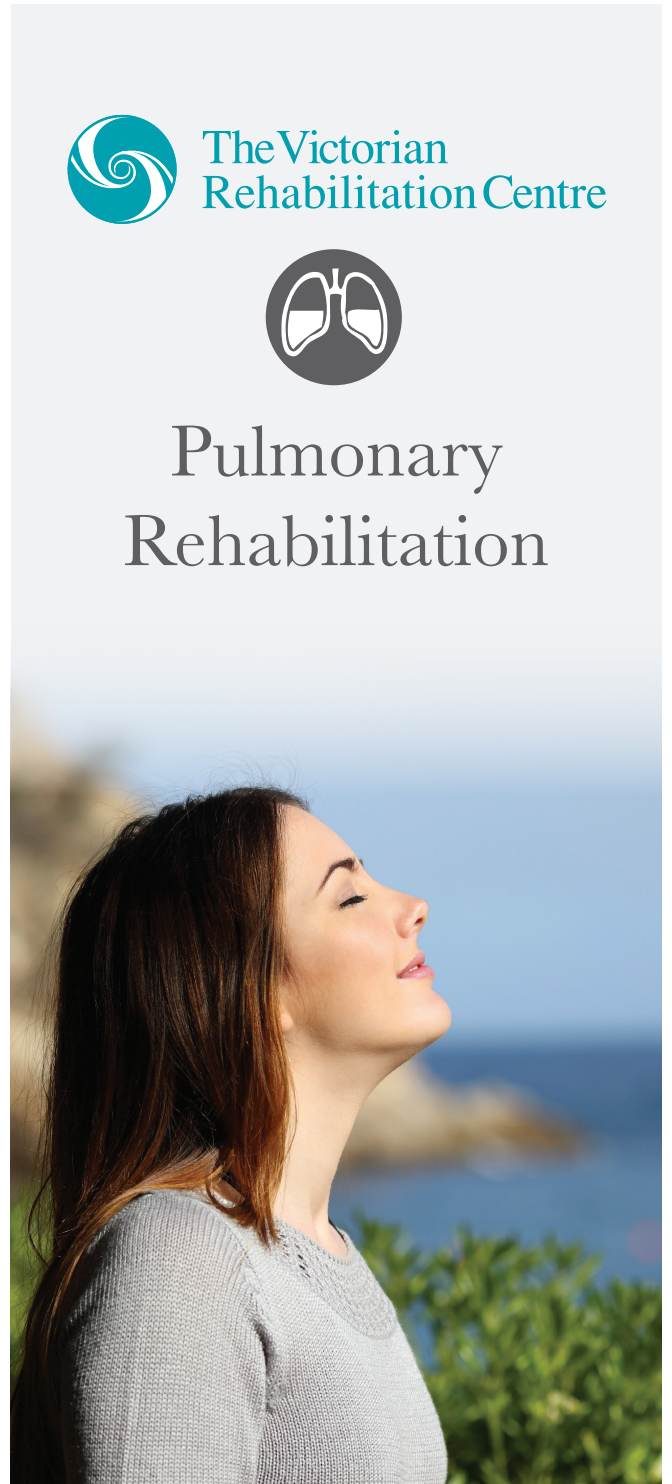
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Pulmonary Rehabilitation



Our Facilities

The Victorian Rehabilitation Centre is a leading rehabilitation facility with over 40 years of experience. We pride ourselves on our excellent reputation. Our team expertly manages the rehabilitation needs of our patients with equipment and facilities that are at the forefront of rehabilitation and technological practice.

What is pulmonary rehabilitation?

Pulmonary rehabilitation is a program for people with a persistent lung condition who may be experiencing shortness of breath or other symptoms such as coughing, sputum, fatigue or persistent chest infections. These symptoms can impact a person's ability to work, socialise or complete everyday tasks such as housework, gardening, shopping or walking.

Some common lung conditions may include:

- Chronic Obstructive Pulmonary/ Airways Disease (COPD/COAD)
- Emphysema
- Bronchitis
- Asthma
- Pulmonary fibrosis
- Asbestosis
- Lung surgery
- Bronchiectasis

Our program is run by a team of health professionals with expertise in aspects of the recovery and rehabilitation process.

They include:

- Rehabilitation consultant
- Accredited exercise physiologist
- Dietitian
- Occupational therapist
- Respiratory nurse
- Speech pathologist
- Pharmacist
- Physiotherapist
- Social worker

Prior to commencing the program all patients undergo a comprehensive assessment in order to establish current physical and medical state and develop an appropriate treatment plan in consultation with the patient.

Program aims

- Improve knowledge and understanding of your lung condition
- Provide strategies for performing everyday tasks without becoming excessively short of breath
- Improve strength and endurance
- Lung clearance and breathing techniques
- Enhance your ability to socialise and enjoy a healthy and active lifestyle
- Facilitate a self-management approach
- Energy conservation and pacing strategies

Program details

The pulmonary rehabilitation program runs twice a week for seven weeks. Each session includes an education and an exercise component. The education component of the program aims to enhance your knowledge and application in strategies for:

- Exercising safely; when to stop and when to progress
- The benefits of exercise and staying motivated
- Understanding your lungs and how they work
- Breathing techniques and communication
- Stress management and relaxation
- Medication management
- When to use oxygen
- Nutrition for lung disease

Referral

A referral is required to take part in this program. This can be obtained from your Specialist, General Practitioner or referring hospital.

Funding arrangements

We have funding agreements with all private health insurance funds as well as:

- Department of Veteran's Affairs (DVA)
- Transport Accident Commission (TAC)
- WorkSafe Victoria
- Comcare

Alternatively this program can be self funded.