Pulmonary Rehab

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Further information:

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.information@alfred.org.au
Pulmonary Rehab Program

The Pulmonary Rehab program is for people with long term breathing difficulties, such as COPD, emphysema, chronic asthma and pulmonary fibrosis.

The program aims to:
1. Improve your exercise ability
2. Reduce breathlessness during normal activity
3. Improve your quality of life

We run Pulmonary Rehab from two centre based locations at Caulfield Hospital and The Alfred, and also offer a home based PR program.

As a client of Pulmonary Rehab, you also have access to all of the services within HARP.

Pulmonary Rehab is one of the most effective interventions for COPD and other chronic lung conditions.

Centre-based Pulmonary Rehab
Prior to commencing the program, you will have an individual assessment with a physiotherapist and other members of the Pulmonary Rehab team.

The assessment will include consent, health screening, goal setting and a timed walk. This assessment will help us tailor the program to your individual needs.

The program is run over 8 weeks, with twice weekly exercise classes using exercise machines and weights. These classes run for an hour.

You will also attend a weekly education session, to teach you strategies to manage your lung conditions. We cover topics such as:
- What Is Chronic Lung Disease
- Managing breathlessness
- Eating for health
- Anxiety and depression
- Energy conservation
- Looking after your voice and throat
- Medication management
- Advance care planning

Following completion of the program, we will provide a home exercise program or refer you to another community exercise program to help you maintain your physical fitness.

Home-based Pulmonary Rehab
Prior to commencing the program, you will have an individual assessment at Caulfield Hospital or The Alfred Hospital with a physiotherapist and other members of the Pulmonary Rehab team.

The Physiotherapist will then visit you at home to develop an exercise program. This includes guiding you through the exercises and providing you with an exercise diary and pedometer. This visit will take around 1½ hours.

The Physiotherapist will then call you by telephone on a weekly basis for 7 weeks. You will discuss your progress and goals and each call will last a maximum of 30 minutes.

All home-based Pulmonary Rehab clients are also welcome to attend any of the education sessions offered by the centre-based programs.

In order to achieve maximum benefit, it is important to participate in the whole program.

Important Information
- Partners and/or carers are welcome to attend your assessment
- There is no cost to participate
- Wear clothing and shoes that allow you to exercise comfortably