

Overview of Services

The Outpatient Pulmonary Rehabilitation Program is located in a bright, cheerful suite adjoining Sinai's outpatient department. This dedicated location is specially equipped and supportive of the small group model of care provided. The Program's services include:

- **Medical Management** - The Program pulmonologist completes an initial evaluation and manages the patient's medical care. The team develops an individualized treatment plan for each Program participant.
- **Physical Conditioning** - Sinai's program includes exercises and activities which increase physical capacity and help participants carry on activities of daily living with less difficulty.
- **Education** - Education is a key element of the program. Program staff teach patients about their specific condition and its management in order to insure an understanding of the need to comply with medication, exercise regimens and with breathing and pacing techniques.
- **Additional Services** - Nutrition counseling, occupational therapy and support groups also are available to program participants.
- **Maintenance Program** - To provide people with continued support and help them maintain and continue progress following discharge from the program, a reasonably priced Pulmonary Maintenance Program is available.

PROGRAM GOALS

- Management of symptoms and complications of chronic pulmonary disease
- Independent functioning and self-monitoring with activities of daily living
- Increased exercise tolerance and decrease shortness of breath
- Improved quality of life.

ACCREDITATIONS

- Joint Commission on Accreditation of Health Care Organizations (JCAHO)
- Rehabilitation Accreditation Commission (CARF)
 - Comprehensive Integrated Inpatient Rehabilitation Programs Hospital (Adults)
 - Outpatient Medical Rehabilitation Programs Single Service (Adults and Children); Multiple Services (Adults)



**NEW ENGLAND SINAI HOSPITAL
AND REHABILITATION CENTER**

150 York Street

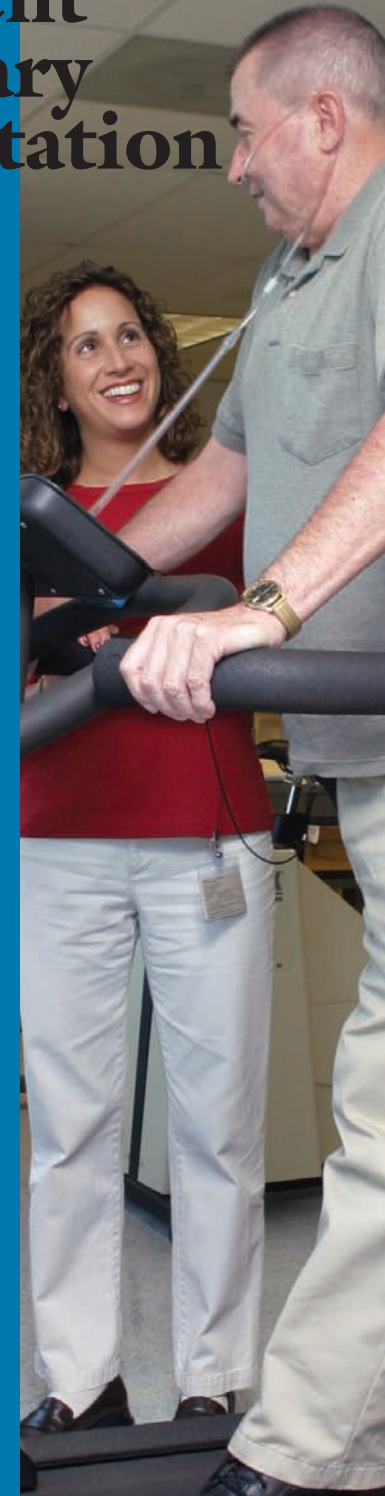
Stoughton, MA 02072

781-297-1383

www.newenglandsinai.org

WE'RE HERE WHEN YOU NEED US

Outpatient Pulmonary Rehabilitation



*Breathing life back into living for people
with chronic lung disease.....*

Outpatient Pulmonary Rehabilitation at Sinai

Most people give little thought to breathing - it just happens. People with breathing difficulties think about little else. Sinai's Outpatient Pulmonary Rehabilitation Program, under the direction of a pulmonologist, changes this focus by helping participants expand their physical capabilities and concentrate on what they can do.

Program candidates are referred by their physician or pulmonologist. In designing a treatment program to meet individual needs, the Sinai pulmonary team works in partnership with each participant's physician.

In a small group format, physical therapists and respiratory therapists work with participants guiding them through individually designed conditioning activities and exercises to increase physical capacity and help them become more functionally independent. Sinai's small group model of care is conducive to meeting individual patient needs and offers participants the support and encouragement of others who truly understand the difficulties of pulmonary disease and the significance of new accomplishments.

Individual services, including respiratory therapy, physical therapy, occupational therapy, and nutritional counseling are available as indicated by medical necessity.



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Program Candidates

Individuals with chronic respiratory system impairments are appropriate for the Program. They often experience a progressive, increased difficulty breathing and have limited respiratory reserve capacity. These conditions result in debilitating functional disabilities that limit exercise and activities of daily living.

ADMISSION CRITERIA

- Diagnosis of a chronic respiratory system impairment that is under optimal medical management.
- Pulmonary Function Tests (PFT) results that reveal a FVC, FEV1, or DLCO of less than 65% of predicted normal, within one year of initiating the Program.
- Exhibit symptoms of breathlessness or fatigue that result in significant disability or handicap, as defined by the American Thoracic Society's 1999 Position Statement.
- Expectation of measurable improvement in a reasonable and predictable timeframe.
- Physically able, motivated and willing to participate in all aspects of the Program.
- Absence of any cognitive or other physical condition that would preclude benefit from the program.
- Smoking has ceased.



Team Approach

The Outpatient Pulmonary Rehabilitation Program is led by Medical Director, Nicholas S. Hill, MD. A pulmonologist with extensive training in pulmonary rehabilitation, Dr. Hill is Chief of the Pulmonary, Critical Care and Sleep Medicine Division at Tufts-New England Medical Center and a Professor of Medicine at Tufts University School of Medicine.



Sinai physical therapists and respiratory therapists work directly with each participant in a small group setting. The staff's clinical expertise and understanding of the body's response to exercise enables them to guide patients in activities that increase exercise tolerance for activities of daily living and help them better manage their pulmonary disease.



Maintenance Program

After completing Sinai's Outpatient Pulmonary Rehabilitation Program, most people are more active, feel better about themselves and are less likely to be hospitalized for respiratory disease. Continuing a conditioning and exercise program is important for "graduates" to maintain their exercise tolerance and functional abilities. Participation in Sinai's Pulmonary Maintenance Program makes it easy for people to adhere to an exercise routine. Under the supervision of a respiratory therapist, the Program participants have an opportunity to attend scheduled group exercise sessions in a friendly, supportive atmosphere.

"I couldn't catch my breath when walking just a few feet. I thought my fishing days were gone forever until participating in Sinai's Pulmonary Outpatient Rehabilitation Program. Now I'm back catching the big things in life."

-- David McCormack



Referrals and Scheduling

Program candidates should have a physician referral. Each Program candidate will receive a Program Packet prior to the initial evaluation appointment. The Packet will include an introduction to the **Outpatient Pulmonary Rehabilitation Program**, a form for completion including a list of medical tests results to send in prior to the first appointment.

To gain more information or to schedule an appointment, call the Outpatient Scheduling Coordinators at: 781-297-1383 or TDD# 781-341-2395.

Insurance

Sinai accepts Medicare, Mass Health and many commercial insurances. Sinai also is a provider for several HMOs. When you call to arrange your initial visit, our staff will answer questions on insurance eligibility and help in making the necessary arrangements with your insurance company.

Payment for the Pulmonary Maintenance Program is the responsibility of individual participants.

