

Benefits & Goals of the Pulmonary Wellness Program:

- Control and alleviate symptoms
- Improve activity tolerance
- Promote self-reliance and independence
- Decrease need for acute resources
- Reduce hospitalizations
- Improve emotional well being
- Improve quality of life

Program Cost

The OCH Pulmonary Wellness Program is reimbursed by Medicare Part B and by most insurance companies. We will contact your insurance company and complete any necessary pre-certification requirements.

To Enter the PULMONARY WELLNESS PROGRAM

Contact the Pulmonary Rehabilitation Department at 615-3113 for an appointment. We will contact your physician for approval and to obtain necessary medical records.

Want More Information?

For more information about OCH's Pulmonary Wellness Program, contact the program coordinator at 615-3113 during regular business hours.

Program Hours: 7:00 a.m. - 5:00 p.m.

Program Days: Monday - Thursday

P.O. Drawer 1506 • 400 Hospital Road
Starkville, MS 39759
(662) 615-3113

Pulmonary Wellness Program



What is the PULMONARY WELLNESS PROGRAM?

OCH Regional Medical Center's Pulmonary Wellness Program is a three-month supervised education and exercise program for persons with chronic pulmonary diseases, including asthma, emphysema, chronic bronchitis, "COPD," or any other disease labeled an interstitial lung disease. Physician approval is required for participation.

The purpose of the program is to improve overall health so that the participant may enjoy life as much as possible within the limits of the medical condition.

Participants meet for two hours, twice a week, for three months.



EDUCATION

Education is an important part of the program. Participants are educated about risk factors affecting chronic lung disease and necessary lifestyle modifications, with special emphasis on the following subjects:

- Breathing Retraining
- Managing Medications
- Social and Psychological Issues
- Stress and Weight Management
- Smoking Cessation
- Dietary Guidelines
- Safe Activity and Exercise Guidelines

EXERCISE

All exercise sessions are monitored by a certified respiratory therapist and reports are sent regularly to keep your physician informed of your progress.

- Heart rate and oxygen levels are closely monitored.
- Program participants are coached in a variety of appropriate exercises.

PROGRAM GOALS

We will help you set realistic goals and work with you to help you meet them. Together we can improve your health and quality of life!