

Breathing Easy

Pulmonary Rehabilitation Program



Community Memorial Hospital

Community Memorial Health System

For additional information concerning the Breathing Easy program, please contact the CMH Pulmonary Rehabilitation Department at (805) 652-5346 or send in this attached form.

What is Breathing Easy?



Breathing Easy, Community Memorial Hospital's Pulmonary Rehabilitation Program has served the community since 1991. Our program is designed to enhance the quality of life to the highest possible level, maintain or improve exercise tolerance, decrease hospital days, increase each person's independence

and increase understanding of the individual's pulmonary dysfunction.

The pulmonary rehabilitation team consists of medical doctors, respiratory therapists, registered dietitians, registered nurses, physical therapists, occupational therapists, and social workers, and is guided by a physician specializing in pulmonary diseases.

The Team Has the Ultimate Goals of:

1. Designing and implementing an individualized program for each patient;
2. Educating, motivating, and rehabilitating each patient to his or her maximum potential for self care and mobility; and
3. Preventing, detecting, and treating complications of Chronic Obstructive Pulmonary Disease.

In the Process, We Also Hope to:

1. Increase your self-reliance;
2. Improve your quality of life; and
3. Renew your interest in vocational and leisure time activities.

Who Benefits by Participating in Breathing Easy?

Patients eligible for admission into Breathing Easy are those suffering from chronic respiratory diseases such as emphysema, asthma, chronic bronchitis, pulmonary fibrosis and other chronic lung disorders.

All patients must have a written referral from their physician for the pulmonary rehabilitation program.



What is Included in the Breathing Easy Program?

Breathing Easy is a six week program, two days per week, for approximately 2 hours per day. Subjects covered are anatomy and physiology, bronchial hygiene, medications, breathing retraining, nutritional counseling, stress reduction, relaxation, panic control techniques, oxygen therapy, signs and symptoms of lung disorders, and various other topics. In conjunction with the lecture, patients will be monitored in an exercise and pacing program individually designed for each patient on specialized equipment.

How Much Will the Program Cost?

The cost will vary depending upon insurance coverage. The program is covered by Medicare and most major medical insurances.

Name _____

Address _____

City _____

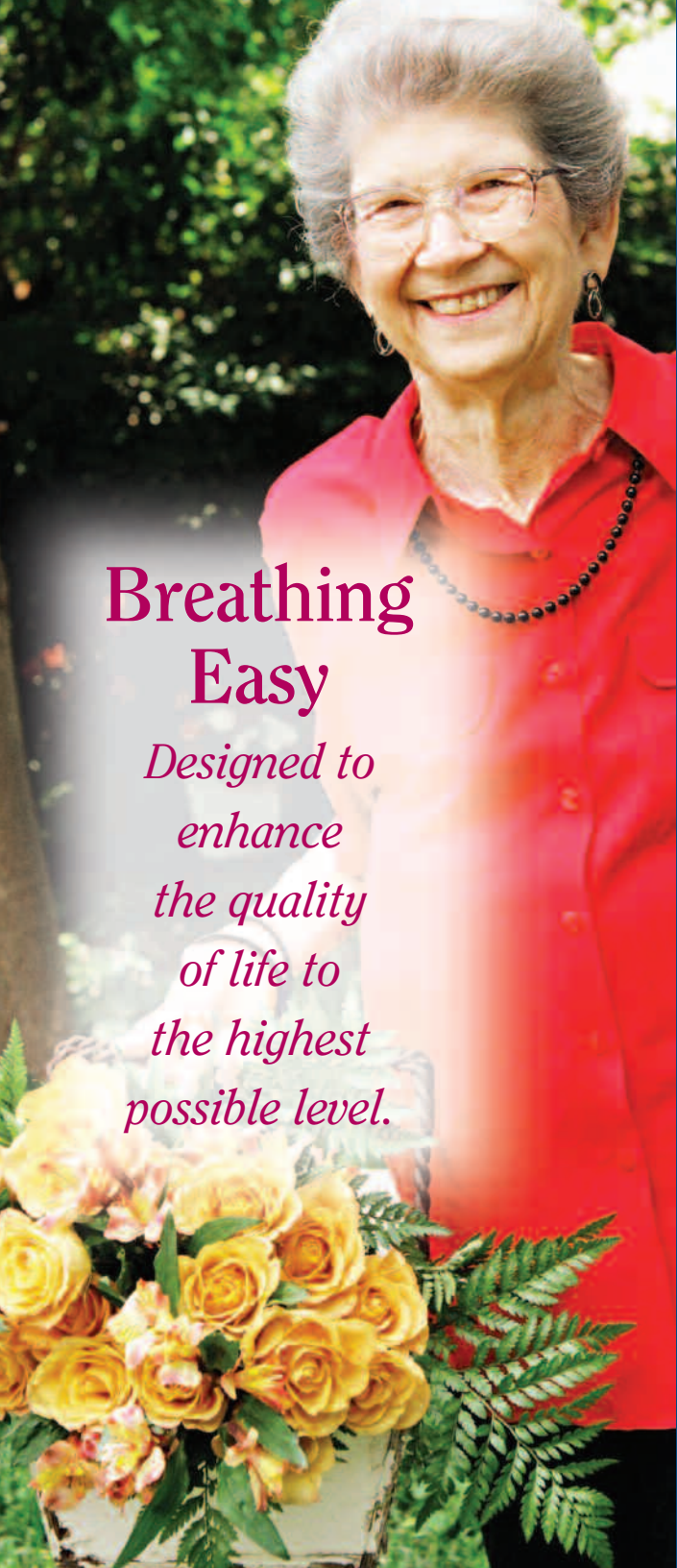
State _____

Zip _____

Phone _____

Physician's Name _____

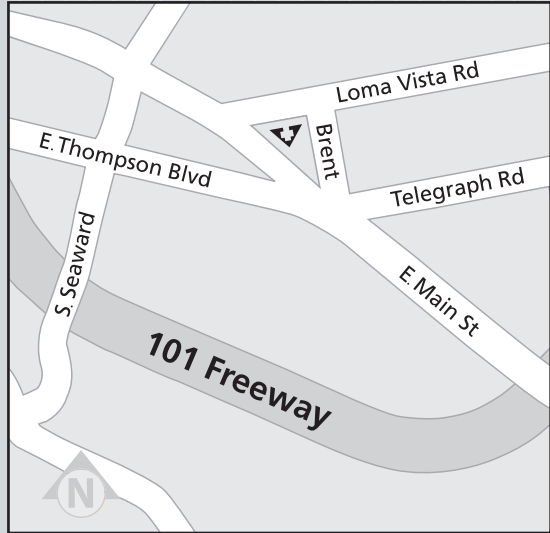
Please send return card to:
Community Memorial Hospital
Respiratory Department
147 North Brent Street
Ventura, CA 93003



Breathing Easy

Designed to enhance the quality of life to the highest possible level.

PULMONARY REHABILITATION PROGRAM




(805) 652-5346

Office Hours:
9:00 a.m. to 5:00 p.m.
Monday - Friday

No physician referral is necessary for a preliminary screening. We accept most insurances.



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147 North Brent Street
Ventura, CA 93003
Phone: (805) 652-5011
www.cmhhospital.org

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