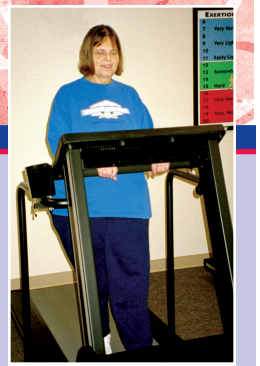
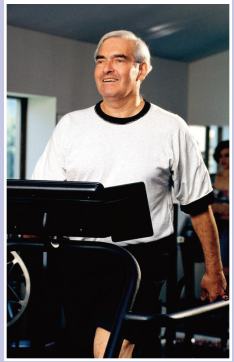
Support





The Pulmonary Rehabilitation staff at Boone County Hospital offers both emotional and physical support to participants. The staff includes:

- Physicians
- A Pulmonary Rehabilitation Director
- Registered Nurses
- Respiratory Therapists
- A Registered Dietitian
- A Pharmacist
- Physical Therapists
- Occupational Therapists

If you would like to take a tour of the Pulmonary Rehab Unit or would like to talk to a Rehab staff member, please call (515) 433-8120.

Notes

BOONE COUNTY HOSPITAL

Visit our website at
www.boonehospital.com
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National Certification



Pulmonary Rehabilitation

BOONE COUNTY HOSPITAL

1015 Union Street
Boone, Iowa
(515) 433-8120
www.boonehospital.com

Pulmonary Rehabilitation

The Pulmonary Rehabilitation Program at Boone County Hospital is designed to assist persons diagnosed with chronic lung disease. The program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Participants learn how to increase or enhance their quality of life through exercise, education and support. During the 12 week course, physicians, nurses and staff work with participants individually to achieve their goals.

To participate in this program a patient must have:

- A specific diagnosis of lung disease
- A physician's referral
- A pulmonary stress test (six minute walk)
- A current physical examination
- Lab work
- An initial interview

Exercise



The start and continuation of exercise controls or alleviates the symptoms of respiratory impairment.

Boone County Hospital's exercise program consists of instruction and participation. Individualized exercise programs are developed and may include the use of:

- Warm-up and stretching
- Strengthening exercises
- Relaxation techniques
- A treadmill
- A stationary bike
- An arm ergometer
- A pulse oximeter
- Cardiac monitors
- Therabands
- A NuStep
- Stairs

Education

Information sessions are held in groups and on an individual basis.

Topics include:

- Proper breathing techniques
- Home respiratory care
- Endurance building
- Lifestyle goals
- Nutrition
- Medications
- Physical and occupational therapy
- Personal and family counseling
- Coping with stress
- Attitudes and feelings
- Relaxation

