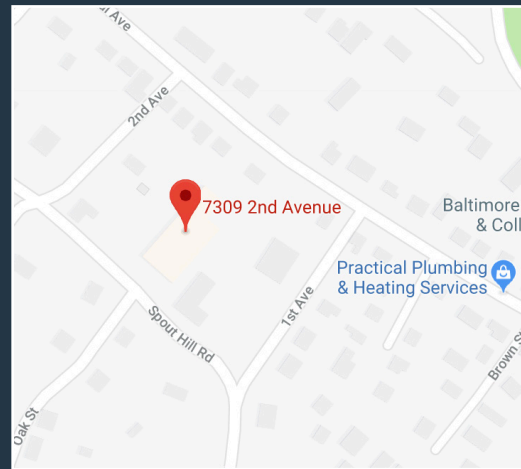


MORE INFORMATION

Find out what makes Birch Manor Healthcare Center so special. Please give us a call and schedule a tour. We'll be glad to answer any questions you may have.



ADMISSIONS OFFICE:

-  7309 Second Avenue
Sykesville, MD 21784
-  Phone: 410.795.1100
Fax a Referral: 410.795.6162
-  birchmanorhc.com



7309 Second Avenue
Sykesville, MD 21784

Birch Manor
Healthcare Center



Birch Manor
HEALTHCARE CENTER

RespiCare®

**PULMONARY
REHABILITATION
PROGRAM**

410.795.1100 | BIRCHMANORHC.COM



PULMONARY REHABILITATION PROGRAM

Birch Manor Healthcare Center is proud to bring you excellence in pulmonary rehabilitation care, while uniquely preparing you for the transition back to home.

WHY PULMONARY REHABILITATION?

The RespiCare® Pulmonary Rehabilitation Program is designed to offer specialized care to residents and patients with acute chronic conditions or respiratory diseases.

UNDERSTANDING PULMONARY REHABILITATION

RespiCare® Pulmonary Rehabilitation is a program of exercise, education, and support to help you learn to breathe and function at the highest level possible.

With the RespiCare® Program at Birch Manor, you will work with a team of specialists who will help you improve your physical condition. You will also learn how to manage your condition, so that you can stay healthy and active long after you complete the program.

DID YOU KNOW?

21% of COPD Patients are Re-admitted within 30 Days (National Average)

17% of Pneumonia Patients are Re-admitted within 30 days (National Average)

DO YOU KNOW YOUR PULMONARY DISEASE PROCESS CLASSIFICATION?

Class I (Mild):

No limitation of physical activity. Ordinary activity does not cause fatigue, palpitation and/or shortness of breath.

Class II (Mild to Moderate):

Slight limitation of physical activity, comfortable at rest. Ordinary physical activity results in fatigue, palpitation and/or shortness of breath.

Class III (Moderate):

Marked limitation of physical activity with discomfort. Symptoms of cardiac and pulmonary insufficiency at rest. If any physical activity is undertaken, discomfort is increased.

Class IV: (Severe)

Unable to carry out any physical activity without discomfort. Symptoms of cardiac and pulmonary insufficiency at rest. If any physical activity is undertaken, discomfort is increased.

PROGRAM BENEFITS:

- ☞ The Pulmonary Physician will carefully provide oversight for your care needs.
- ☞ Our skilled Respiratory Therapist will spend up to 60 minutes with you per scheduled day.
- ☞ Daily care will be provided by specially trained nurses.
- ☞ You will receive education and training to help you manage your condition and to reduce symptoms.
- ☞ You will learn better management of anxiety and depression (a common result of respiratory illness).
- ☞ Increase ability to exercise, while decreasing symptoms.
- ☞ Overall improvement of daily life functions.
- ☞ Our goal is to help you manage your condition and decrease your need for emergency care.

WHAT CONDITIONS MIGHT BE APPROPRIATE FOR THIS REHABILITATION PROGRAM?

- ☞ COPD (Chronic Obstructive Pulmonary Disease)
- ☞ Pneumonia
- ☞ TracheotomyCare
- ☞ Pulmonary Fibrosis
- ☞ Asthma
- ☞ Chronic Bronchitis
- ☞ Emphysema
- ☞ Restrictive Lung Disease

WHY DO HOSPITALS RECOMMEND PULMONARY REHABILITATION FOR THEIR CHRONIC PATIENTS?

A Specialized Pulmonary Program is designed to:

- ☞ Reduce Hospital Re-Admission Rates
- ☞ Increase Overall Patient Care Quality
- ☞ Provide Beneficial Reporting for Improved Results

WHAT YOU WILL LEARN

- ☞ Breathing Techniques
- ☞ Medication Management
- ☞ Nutrition Management
- ☞ Relaxation Techniques
- ☞ Understanding Oxygen Use
- ☞ How to Decrease Shortness of Breath
- ☞ Staying Healthy and Avoid COPD Exacerbations.

MAINTAIN HEALTHY BEHAVIORS

- ☞ Smoking Cessation
- ☞ Good Nutrition
- ☞ Individualized Exercise Program

TRANSITION HOME – DISCHARGE PLANNING

- ☞ Coordinated Discharge Plans
- ☞ Durable Medical Equipment
- ☞ Nursing Services
- ☞ Home Health Services
- ☞ Physical Therapy/Occupational Therapy
- ☞ Physician and Pulmonologist Appointments
- ☞ Telephone Follow-up by Clinician