

Pulmonary Rehabilitation

Care Management Services



Hours:

Monday - Friday
8 a.m. - 4:30 p.m.

(515) 386-0469
Fax: 515-386-3089

Greene County Medical Center

1000 West Lincoln Way
Jefferson, IA 50129

gcmhealth.com



An Affiliate of  UnityPoint Health

Why would I need pulmonary rehabilitation?

If you have been diagnosed with chronic lung disease and have ongoing breathing and quality of life issues, you may benefit from this program. The exercise will improve your breathing and functional ability. The education will improve your ability to care for yourself and the emotional support will help you cope with your condition.

The pulmonary rehabilitation program is designed to enhance 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 disfunction.

Other questions?

Please contact the Respiratory Therapy staff with any questions.

What is included in the pulmonary rehabilitation program?

All patients receive a thorough evaluation and individualized treatment plan which includes, but is not limited to:

- Respiratory assessment
- Pulmonary function test (if not done within one year of starting the program)
- Six-minute walk test (before and after program)
- Nutritional assessment with dietitian
- Psychosocial assessment
- Home exercise program
- Monitored exercise program with specialized equipment

Education topics include anatomy and physiology; bronchial hygiene; medications; breathing retraining; nutritional counseling; stress reduction; relaxation; panic control techniques; oxygen therapy; and signs and symptoms of lung disorders.

Frequently Asked Questions

How long is the program?

Pulmonary rehabilitation is a six-week program, two days per week (Tuesdays and Thursdays), for approximately two hours per day.

How do I get into the program?

If you have a chronic pulmonary disease, you can be referred to our program by your primary care physician or another health care professional.

Will my insurance cover it?

Pulmonary rehabilitation is covered by most commercial insurances, as well as Medicare and Medicaid, for up to 36 sessions of Level II services. Once you complete your Level II sessions, you can choose to continue the program on a maintenance basis (Level III) and pay out-of-pocket for the sessions.

Greene County Medical Center offers Level III services at a greatly reduced rate. Our business office staff can help you determine your insurance eligibility, as well as offer financial assistance to those who need it.