

Penrose-St. Francis Health Services is the recipient of the HealthGrades Pulmonary Care Excellence Award™ for 9 Years in a Row (2005-2013) and is Ranked Among the Top 5% in the Nation for Overall Pulmonary Services in 2013.



Contact Us

A physician referral is needed to participate in the pulmonary rehabilitation program. Talk to your doctor to find out if pulmonary rehabilitation is right for you.

To learn more about the Penrose-St. Francis Pulmonary Rehabilitation Program, call 719-776-4880.

PULMONARY REHABILITATION

An Individualized, Supervised Program For You

BENEFITS

Pulmonary Rehabilitation helps you improve your quality of life. Even though pulmonary rehabilitation can't cure your lung disease, it can be of great benefit. And, you may notice improved breathing effort and less breathing problems.

Additional benefits include:

- Reduce and control breathing difficulties and other symptoms
- Knowledge about your disease, treatment options, and chronic disease coping strategies
- Learn to manage your disease and reduce dependence on costly medical resources
- Maintain healthy behaviors such as smoking cessation, good nutrition, and exercise
- Decreased symptoms of your disease
- Ability to function better in your daily life
- Increased ability to exercise
- Decreased symptoms and better management of anxiety and depression

The Penrose-St. Francis Pulmonary Rehabilitation program is proud to be a part of the Centura Heart Network, the state's largest and most comprehensive network of cardiovascular care in the state.

Penrose-St. Francis Pulmonary Rehabilitation



Audubon Medical Campus

3030 N. Circle Drive
Colorado Springs, CO 80909
(719) 776-4880
(719) 776-4866 FAX

penrocestfrancis.org



Centura Health complies with the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, and no person shall be excluded from participation in, be denied benefits of, or otherwise be subjected to discrimination in the provision of any care or service on the grounds of race, religion, color, sex, national origin, sexual preference, ancestry, age, familial status, disability or handicap.
Copyright © Centura Health, 2012

WELLNESS CONNECTED



Penrose-St. Francis Pulmonary Rehabilitation



penrocestfrancis.org

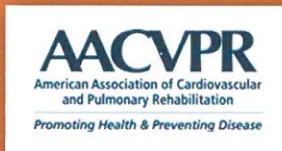
The Penrose-St. Francis Pulmonary Rehabilitation Program helps people with moderate to severe breathing problems overcome physical limitations resulting from their disease. Candidates for the program include those experiencing lung problems such as:

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Chronic Bronchitis
- Asthma
- Bronchiectasis
- Sarcoidosis
- Pulmonary Hypertension
- Pulmonary Fibrosis
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Lung volume reduction surgery before and after lung transplantation

Each patient's program begins with a comprehensive pulmonary evaluation by clinical experts in pulmonary rehabilitation. Through a carefully planned, integrated and individualized program of supervised physical conditioning, exercise, and educational and nutritional counseling, physical capacity is increased and the patient is empowered to overcome their shortness of breath.

"Pulmonary Rehabilitation can help you make the most of the limited lung function you may have."

- Chitra Peddada, MD



The Outpatient Cardiac Rehabilitation Program at Penrose-St. Francis is proud to be the first Nationally Accredited Cardiac Rehabilitation Program in Colorado.

OUR SERVICES:

Medical Evaluation

A comprehensive medical evaluation is conducted by our pulmonary rehabilitation team, then an individualized program is developed based on their findings.

Monitored and Supervised Exercise

People with pulmonary disease often limit physical activity because they are frightened they will become short of breath; lack of activity, however, reduces muscle strength and causes weakness. Our pulmonary rehabilitation program includes exercises and activities tailored to your needs to help participants increase physical capacity and regain control of breathing. By combining exercise with other services patients improve their abilities to carry out activities of daily living with more energy and less difficulty.

Educational Programs

Our education classes focus on COPD and other chronic lung diseases providing you with information about:

- Medications, including drug action, side effects, using an inhaler, and self-care techniques
- Understanding and using oxygen therapy
- Diet, nutrition, and weight management
- Breathing retraining
- Importance of exercise
- Strategies for managing breathing problems
- Symptom assessment to knowledge about when to seek medical treatment

Psychosocial Support

People who have chronic lung diseases are more prone to depression, anxiety, and other emotional problems. Our program offers counseling referrals from a variety of sources.

