The Pulmonary Rehabilitation program is designed to help improve the quality of life for people with COPD, emphysema, asthma, chronic bronchitis, and other respiratory related conditions.

Beloit Health System's Pulmonary Rehabilitation Department offers a two-part program emphasizing exercise, education, and self-management. This program is designed to improve quality of life, by controlling symptoms and by promoting independence.

Participants enter into our program by either their primary, cardiac, or pulmonary doctor referring them from a recent hospital stay, or office visit.

Phase 2

An initial assessment with the Beloit Hospital pulmonologist includes pulmonary history and lung volumes. Outpatient Phase 2 Pulmonary Rehabilitation provides oximetry monitored exercise sessions twice weekly, and a complete educational program.

Education Topics Covered:

- Respiratory Disease Process
- Living with Chronic Disease
- Anatomy and Physiology of the Lung
- Proper Breathing Techniques
- Proper Use of Medications
- Benefits of Exercise
- Stress Management

Education Topics Covered:

- Relaxation Techniques
- Advanced Health Directives
- Proper Eating Habits

Phase 3

The oximetry monitored exercise sessions are continued in outpatient Phase 3 Pulmonary Rehabilitation twice weekly. Participants are also given on-going education as well as individualized exercise plans.

Our Staff:

- Respiratory Therapist
- Consulting Medical Director
- Registered Pharmacist
- Physical Therapist
- Registered Dietitian
- Licensed Counselor
- Licensed Social Worker

For more information call:

Beloit Health System

Pulmonary Department

1969 West Hart Road
Beloit, Wisconsin 53511
608-364-5191 (Department)
608-290-4516 (Cell)

BHS-200/11

Pulmonary Rehab Program

Beloit Health System