



# Easy Breathers Pulmonary Rehabilitation



*"When you can't breathe...  
nothing else matters"*



**KYABRAM DISTRICT  
HEALTH SERVICE**

## Easy Breathers Pulmonary Rehabilitation Program

The Easy Breathers Pulmonary Rehabilitation Program provides support to you to manage your health condition. It is delivered by a multidisciplinary team of health professionals who can assist you to manage long term respiratory conditions COPD, Emphysema or Chronic Asthma and Bronchitis

### The Team

- Respiratory Nurse
- Physiotherapist
- Occupational Therapist
- Dietitian
- Social Worker
- Speech Pathologist

Our team work with you and your doctor or specialist to achieve best health outcomes for you.

### Program Aims

- To assist you to self-manage your condition
- To provide information and support for you to lead a healthy lifestyle
- To support you to improve your quality of life
- To assist you to reduce your risk of an unplanned hospital admission

### Contacts

KDHS Respiratory Nurse ☎ 5857 0200

Lung Foundation Australia [www.lungfoundation.com.au](http://www.lungfoundation.com.au)

☎ 1800 654 301



## The Program

The program works with you to plan your care, and may include:

### Assessment

Clinical assessment with the Respiratory Nurse, and as required, Physiotherapist, Occupational Therapist, Dietitian or Social Worker.

### Care Planning

We assist you to develop a plan of care and work with your doctor and specialist to provide best possible care.

### Exercise and Education Session

We provide you with a 6 week Pulmonary Rehabilitation Program which include 1 hour of exercise followed by an education session delivered by a range of health professionals. Alternatively, you can access a home-based exercise program to suit your needs.

### Ongoing Monitoring and Review

You will be regularly monitored and reviewed as part of your care.

### Community Linkages

We can link you in to wider community based programs where appropriate.

### Fees

Fees apply to this service, please refer to the attached fees brochure

## **Kyabram District Health Service**

### **Kyabram Health**

Fenaughty St, Kyabram VIC 3620

Ph. (03) 5857 0200

Email. [info@kyhealth.org.au](mailto:info@kyhealth.org.au)

### **Stanhope Health**

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### **Tongala Health**

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Local Care.



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