

**At Marlborough Health & Rehabilitation Center, we are consistently looking at ways to better serve our long-term and short-term residents' healthcare needs and reduce hospital readmission rates.**

Our specialized Pulmonary Rehabilitation program is designed to maximize client outcomes and shorten the length the stay during short-term rehabilitation.

- We are pleased to have Dr. Patrick Troy and Dr. Megan Panico on staff as a consulting pulmonologists who collaborate with our clinical team providing patients with an individualized Interdisciplinary Program.
- Additionally, since Marlborough Health & Rehabilitation Center is a National Health Care Associates' facility, we have resources to provide a Respiratory Therapist.
- Our center has an APRN on staff to help manage acute exacerbations of symptoms in-house.

For more information, don't hesitate to contact our Admissions Director at 860.295.9531.

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# **Pulmonary Rehabilitation**

## **PROGRAM**



# Effectively Managing Pulmonary Disease

According to the American Lung Association, COPD is the third leading cause of death in the United States. COPD and other Pulmonary Disorders are often preventable and treatable. The Pulmonary Disease Management Program, part of the Passport Rehabilitation Program consists of an individualized interdisciplinary Rehabilitation Program which is designed to maximize the functional abilities of persons with Pulmonary Disorders.



## Program Goals:

- Manage respiratory symptoms (dyspnea, fatigue)
- Reduce the need for emergency room visits
- Increase the ability to perform activities of daily living
- Provide education to patients and families

We will provide special tools to assist in the success of the program including educational materials and specialized equipment needs as necessary. Pulmonary rehabilitation education will include lung disease education, medication, oxygen usage, and breathing retraining.

## Program Objectives

- Coordinated effort and establishment of working communication between all involved parties including hospital, practitioner, skilled nursing facility, and home health
- Consistent education for patients and families using shared materials and key learning components including management of medications, diet, exercise, and healthy lifestyle choice

- Knowledgeable staff at our facilities with enhanced education and training
- Post discharge follow-up

## Specialized Staff & Advanced Training

- Pulmonologist on staff
- Respiratory Therapist on staff
- Advanced Practice Registered Nurse
- Interdisciplinary approach to disease management
- Early focus on intervention strategies
- Advanced Practice Registered Nurse (APRN)

## Pneumonia Pathway

Community acquired pneumonia is a leading cause of morbidity and mortality in the United States. Three million patients each year develop this condition which has an overall mortality rate of approximately 10%. National Health Care pneumonia pathway assists in reducing unwanted variation in treatment and outcomes, identify best practices, and promotes efficient use of resources.



For more information, visit us at [www.PassportRehab.com](http://www.PassportRehab.com)