

Poet's Seat
Breathe Easy
Pulmonary Rehabilitation Program

BREATHE EASY PARTICIPANTS

- Learn to live with the disease.
- Develop a lifestyle that can be managed.
- Improve the way limitations are handled.
- Learn how to access resources needed to improve quality of life.
- Maintain flexibility through nutrition, relaxation and exercise.

CONDITIONS TREATED

- Chronic Obstructive Pulmonary Disease (COPD)
- Asthma
- Pneumonia
- Emphysema
- Chronic Bronchitis
- Pulmonary Fibrosis
- Cystic Fibrosis
- Pre- and Post-lung transplant
- Other lung conditions.

ADMISSIONS AND REFERRALS

Referrals are accepted from physicians, home/health community agencies, general hospitals, and insurance companies. Please contact Poet's Seat for questions or inquiries regarding admission.

We are very happy to tell you more about the *Breathe Easy* Pulmonary Rehabilitation Program at Poet's Seat Health Care Center. Call and make arrangements at your convenience.



Poet's Seat Health Care Center
359 High Street
Greenfield, MA 01301
413-774-6318

Or visit us on the web at
www.poetsseathealthcarecenter.com

Poet's Seat
HEALTH CARE CENTER

Breathe Easy
Pulmonary
Rehabilitation Program



While most people take breathing for granted, sufferers of pulmonary disease find this most basic function a challenge. *Breathe Easy*, Poet Seat's Pulmonary Rehabilitation Program, has one purpose – to help those with chronic lung disease to breathe easier.

Breathe Easy participants can enter directly from the hospital or the community with a physician's referral. Our program provides a continuum of care that promotes wellness and health maintenance.

Breathe Easy helps participants to understand their disease, manage its limitations, and improve maximum potential and independence at home.

Poet's Seat

HEALTH CARE CENTER

Breathe Easy Program

UNDERSTAND YOUR DISEASE

Education is the cornerstone of *Breathe Easy*. Participants are taught about the nature of respiratory disease and how to recognize its symptoms and warning signs. They learn to avoid irritants and to utilize medication and equipment to enhance their capabilities.

Through support groups, participants work with others who understand their concerns because they have faced and solved similar issues.

CONTROL YOUR DISEASE

Improve breathing and endurance through:

- **Exercise** - Strengthen muscle and increase the quality of each breath.
- **Nutritional Counseling** - Learn to maintain proper weight with adequate nutrition to boost the body's immunity and improve overall well-being.
- **Breath Retraining** - Learn proper breathing techniques to improve the effectiveness of each breath and increase oxygen intake.

RECEIVE PROFESSIONAL CARE

An interdisciplinary team of trained and caring professionals, under the direction of the primary care physician, develops a coordinated plan to address the individual needs of each participant. This team includes:

- Pulmonologist, MD Consultant
- Microbiologist, Phd.
- Respiratory Therapists
- Physical, Occupational and Speech Therapists
- Speech and Language Pathologists
- Specially Trained Nurse Professionals
- Dietician
- Therapeutic Recreation Specialists
- Social Workers
- Discharge Planners
- Pharmacy Consultant

EXPERIENCE TOTAL IMMERSION

Poet's Seat is a dependable, local and respected resource with a reputation for excellent care and caring. Participants are a part of an integrated unit with all the comforts of home and interact with peers with similar conditions.