

## SUMMARY OF THE PROGRAM BENEFITS

Pulmonary rehabilitation improves exercise capacity and quality of life for patients by making them partners in the management of their lung health and fitness.

Participants can achieve:

1. Increased exercise endurance
2. Improved ability to cope with symptoms
3. Increased independence
4. Increased muscle strength and flexibility
5. Ability to relieve stress effectively
6. Enhanced health through preventative care
7. Increased participation in recreational and social activities
8. Improved body weight and composition

## THE COST

Medicare covers the majority of the cost associated with outpatient Pulmonary Rehabilitation. Other insurance plans vary in their coverage.

Please check with your insurance carrier for information about Pulmonary Rehabilitation coverage.

## UCLA PULMONARY FITNESS & REHABILITATION TEAM

**Ammar Sakkour, M.D.**  
*Medical Director*

**Ellen Wilson, PT**  
*Director*  
*Rehabilitation Services*

**Janet Tucay, PT**  
*Outpatient Manager*  
*Rehabilitation Services*

**Erin Smith, RN, MS**  
*Program Coordinator*

**Todd Bates, RRT, RCP**

**Nancy Owens, RCP**

**Steven Arimoto, RN, MS**  
*Exercise Physiologist*

**Alison Hagoski, RN**

**Linda Elbert, RN**

**Lauren Harning, BS**  
*Exercise Physiologist*

**Amanda Castro**  
*Administrative Assistant II*

**For more information or to make an appointment, contact us at:**

**Tel: 310 825-0014**  
**Fax: 310 206-4360**

*Office Hours: 7:00 a.m – 5:00 p.m.*

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## **Pulmonary Rehabilitation**

**200 UCLA Medical Plaza, Suite 206C**  
**Los Angeles, CA 90095-6985**  
**310-825-0014 Fax 310 206-4360**

## PROGRAM PHILOSOPHY

The UCLA Pulmonary Fitness and Rehabilitation Program is a preventative, health and fitness program for patients with pulmonary illnesses and symptoms. The program delivers individualized care within the context of group exercise and reconditioning. Our skilled multi-disciplinary team evaluates each person to determine his or her special needs.

## OUR PATIENTS

If you have been diagnosed with a pulmonary condition such as

- chronic bronchitis
- emphysema
- asthma
- pulmonary fibrosis
- bronchiectasis

or are experiencing some other breathing problem affecting your enjoyment of life, you might benefit from a program of rehabilitation that emphasizes optimal fitness and well being.

Many patients are referred to our program by a primary care physician, pulmonary specialist or other health care provider. Alternatively, you can inquire about our program yourself, in your quest for improved health and fitness.

## COMPREHENSIVE EVALUATION

The comprehensive pulmonary evaluation is a complete assessment of your pulmonary problems. Our team will assist in defining your individual needs and goals.

- Pulmonary function tests, a diagnostic exercise test or an ambulatory oxygen test may be necessary to give a complete picture of your lung condition and to define your exercise limitation and treatment needs.
- The Pulmonary Rehabilitation Team will evaluate your exercise endurance, muscle strength, flexibility and body composition to determine your baseline exercise prescription.
- Our respiratory therapists evaluate your breathing symptoms, medication use, breathing efficiency and oxygen levels.
- In addition, nutrition, home environment, activities of daily living, and your specific concerns are addressed.
- There is an emphasis on developing a Home Exercise routine for continued progress during and after the program.
- Your progress is discussed at the weekly Team Meeting with our Medical Director.

## INTENSIVE PROGRAM

The intensive program is 16 sessions over an 8-week period, meeting twice a week for 90 minutes each session.

These sessions consist of a structured exercise regimen including strength training with “free weights”, endurance exercises using treadmills and bikes as well as other equipment. You will work with our team to progress towards a new level of health, fitness and quality of life.

You will participate in educational sessions on such topics as:

- Energy Efficiency
- Exercise Principles
- Self Management
- Pursed Lip and Diaphragmatic Breathing
- Home Exercise Program
- Understanding Medications
- Healthy Nutrition
- Oxygen and Respiratory Equipment
- Travel

At the end of the program, the medical director and therapists will review your progress and send a summary to your physician.

## MAINTENANCE PROGRAM

In order to maintain and to continue to improve, we have a medically supervised exercise program, with individualized exercise prescriptions. This is a self-pay program, which meets three times per week.