

Cardio-pulmonary Rehabilitation

Cardio-pulmonary rehabilitation is an evidence-based, multifaceted program for persons with chronic cardio-pulmonary disease and their families. Cardio-pulmonary rehabilitation includes, but is not limited to, prescribed exercises, education (including collaborative self-management training)¹ as well as psychosocial evaluation and management, and outcomes assessment. Collaborative self-management is achieved through individually tailored education, supervised exercise/activity programs, as well as the implementation of a home exercise/activity program. Patients are provided with resources and skills to improve lifelong health-enhancing behaviors that promote physical activity and engagement in best practices to preserve lung health. The goals of cardio-pulmonary rehabilitation are to achieve the patient's highest level of function, improve their quality of life (both physically and psychologically), and encourage appropriate utilization of healthcare services.¹ Components of cardio-pulmonary rehabilitation include but are not limited to comprehensive assessments of and interventions to improve:

- Functional capacity
- Oxygenation
- Symptom impact
- Quality of life
- Activities of daily living
- Psychosocial elements
- Clinical and social barriers
- Outcome measurements

Cardio-pulmonary rehabilitation can be provided in various settings, including inpatient, outpatient, community centers, home care, and telemedicine. The respiratory therapist, by virtue of specialized education, training, and expertise, is uniquely qualified to function as the leader of a successful cardio-pulmonary rehabilitation program.

References

1. Rochester CL, Alison JA, Carlin B, Jenkins AR, Cox NS, Bauldoff G, et al., Pulmonary rehabilitation for adults with chronic respiratory disease; an official American Thoracic Society clinical practice guideline. *Am J of Resp and Critical Care Medicine*. 2023; 208 (4). PM ID:37581410

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