

# Position Statement



## Pulmonary Rehabilitation

A pulmonary rehabilitation program is a physician-supervised, evidence-based, multifaceted approach to providing services designed for persons with pulmonary disease and their families. A program includes, but is not limited to, physician-prescribed exercise, education, and (collaborative self-management training)<sup>1</sup> as well as psychosocial evaluation and management and outcomes assessment. Collaborative self-management is achieved through individually tailored education training, supervised exercise, and the implementation of home exercise programs; patients are provided with tools to improve lifelong health-enhancing behaviors that promote physical activity and engagement in lung health prevention practices. The goals of pulmonary disease management are to increase or maintain the patient's highest achievable level of independent function while improving their quality of life (both physically and psychologically) and encouraging appropriate utilization of healthcare services. Pulmonary rehabilitation is a multi-disciplinary program and should be included in the management of patients with pulmonary disease. Pulmonary Rehabilitation is an evidence-based component of care in COPD management. Therapy components include but are not limited to comprehensive assessments of functional capacity, oxygenation, symptom impact, psychosocial, and validated outcomes. The respiratory therapist, by virtue of specialized education, training, and expertise, is uniquely qualified to function as the leader of a successful pulmonary rehabilitation program.

### References:

1. Semin Respir Crit Care Med. 2009 Dec;30(6):700-7. Doi: 10.1055/s-0029-1242639. Epub 2009 Nov 25 by J Bourbeau – 2009 – Cited by 39 – Related articles  
The role of collaborative self-management in pulmonary rehabilitation. Self-management's key feature is to increase patients' involvement and control in their disease and improve their well-being... The pivotal objective of self-management programs is to change patient's behavior.

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