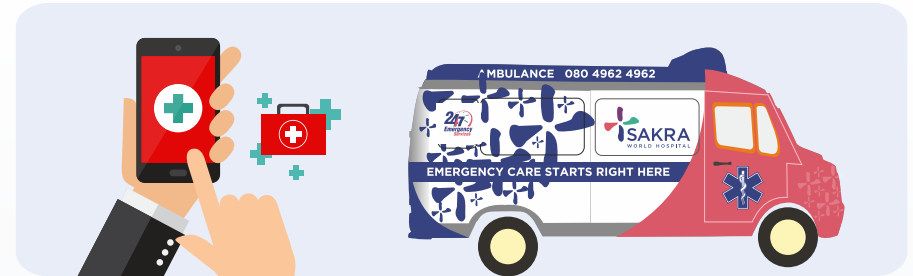


Pulmonary Rehabilitation









A Multi-disciplinary program for Chronic Respiratory Impairment



**In case of emergency, please contact
080-4962 4962**

Sakra Super Specialties

Institute of:

-  Neurosciences
-  Cardiac Sciences
-  Bone and Joints
-  Renal Sciences
-  Rehabilitation Sciences
-  Women & Child Health
-  Digestive & HPB Sciences
-  Respiratory Medicine

For more information, please contact the help desk
or call: 74068 00383 / 080 4969 5299

**FOR APPOINTMENT
080 4969 4969**



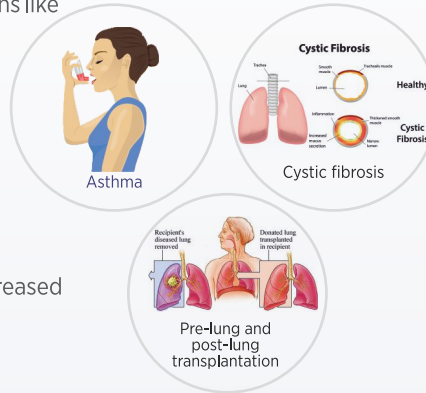
What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is an intervention for patients with chronic respiratory diseases who are symptomatic and often have decreased daily life activities. Our program is designed to help you meet the day-to-day challenges of living with chronic lung disease and help you return to the things you enjoy most.

Who can benefit?

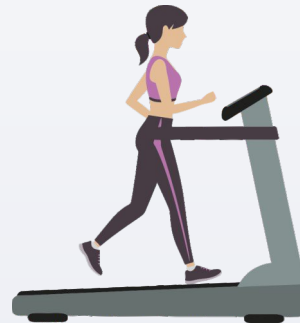
Patients suffering from chronic lung conditions like

- Emphysema
- Asthma
- Chronic bronchitis
- Cystic fibrosis
- Interstitial lung disease
- Pre- and post-lung transplant surgery
- Any lung conditions that could lead to decreased quality of life



Benefits of Pulmonary Rehabilitation

- Reduction in dyspnea and improved lung capacity
- Increase in muscle strength and endurance (peripheral and respiratory)
- Increase in overall exercise tolerance
- Improved health related quality of life
- Increased independence in activities of daily living
- Education for coping strategies
- Promotes and reinforces long term commitment to exercise and lifestyle modification



Who could refer you for Pulmonary Rehabilitation?

Any clinical expert like Pulmonologist, Physiatrist, Cardiologist, Rheumatologist, General Practitioners, Internal Medicine Physician, Emergency Medicine doctor, Cardiopulmonary Physiotherapist etc. would be able to refer you for a Pulmonary Rehabilitation programme. You may also directly enroll yourself for the comprehensive PR program with us.

Pulmonary Rehabilitation team

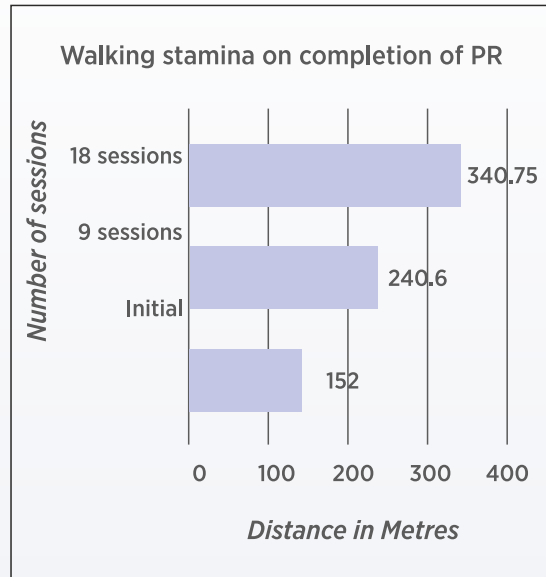


Sakra Pulmonary Rehabilitation Care Bundle



Duration of Pulmonary Rehabilitation Program

The program includes 18 sessions which will include a holistic intervention approach involving the Pulmonary Rehabilitation team. Once the program is over, the patient would be advised to come for a follow up assessment every 3 months.



- Your tolerance to activities and exercises improves with more sessions of Pulmonary Rehabilitation. As per research, the minimum clinically important difference (MCID) in walking distance is 30metres.
- The graph shows the significant improvement in walking stamina for our patients who completed 18 sessions, compared to, those who completed only 9 sessions.
- Further, the benefits consistently improved for those who continued therapy beyond 18 sessions.

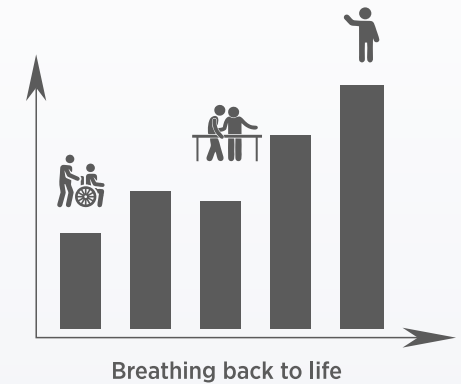
Sakra re^{sp}ire Club

A unique support group which focuses on encouraging and motivating our patients with pulmonary disorders to overcome the difficulties that they are facing. It's a get together of patients in every quarterly, where they share experiences and suggestions to each other. We connect patients and caretakers with various clinical experts, respiratory assistive device providers and home modification experts. It is the best opportunity to socialize and get inspired from the people who are successfully managing their chronic lung conditions and leading a meaningful life.

Our Success

Sakra Pulmonary Rehabilitation measures almost 20 outcome parameters that could clearly tell you about your response to the program and clinical progress. From our clinical research data, there has been a significant improvement in our patients for the below parameters.

- Overall Quality of Life
- Overall life expectancy
- Breathing control
- Walking Stamina
- Performance of daily activities
- Satisfaction in resuming daily activities
- Emotional well being
- Social functioning



We have found significant reduction in respiratory disability, oxygen dependency, caretaker burden and frequency of hospitalizations.

Uniqueness of Pulmonary Rehabilitation @ Sakra

- First of its kind structured program in India
- Evidence based protocol
- Multidisciplinary team of Specialists
- Comprehensive Care
- Quantified patient progress
- Customized protocol
- Home assessment and modification
- Continued guidance for managing at home
- Patient centric approach to improve overall quality of life