



**MEDICARE CERTIFIED
& ACHC ACCREDITED**



PULMONARY PROGRAM

At NHC our Pulmonary program is designed to ensure that our patients achieve the optimal quality of life by teaching skills necessary for selfmanagement of their disease process.

Our multidisciplinary team consisting of registered nurses, physical, occupational, and respiratory therapists will establish an individualized plan of care with the physician to improve patient behavioural skills and techniques individualized to each patient.

PATIENTS WHO WILL BENEFIT MAY HAVE ONE OR MORE OF THE FOLLOWING

- Chronic obstructive Pulmonary Disease
- Chronic Bronchitis
- Pulmonary Fibrosis
- Cystic Fibrosis
- Emphysema
- Anxiety
- Sarcoidosis

OUR CARE TEAM WILL EDUCATE ON TECHNIQUES SUCH AS

- Pursed lip breathing
- Huff Cough Technique
- Diaphragmatic breathing
- Prevent hospitalization & emergency room visits
- Educate on medication & side effects
- Educate on appropriate diet
- Proper equipment cleaning
- Educate on disease process / signs & symptoms

Excellence in Home Health Care
Phone (804) 330-5433 Fax (804) 330-5423
www.NHC.life

