

## Education

A strong educational program is a vital part of SOCH's comprehensive pulmonary rehabilitation services.

Participants in the Pulmonary Rehabilitation Program may take advantage of a wide variety of educational sessions that help those with lung disease and their families better understand the various lung conditions and how to improve lung function. Topics covered by the session include nutrition, breathing retraining, infection prevention and bronchial hygiene, stress management and pain control, oxygen and equipment, respiratory medications and energy conservation techniques.

**To contact the Pulmonary Rehabilitation Program at SOCH, call 609-978-3001, Tuesdays and Thursdays, 7:30 am to 3:00 pm.**

## Admission Requirements

People who participate in the Pulmonary Rehabilitation Program at SOCH must be referred by a physician. Most of the participants have been diagnosed with lung disease.

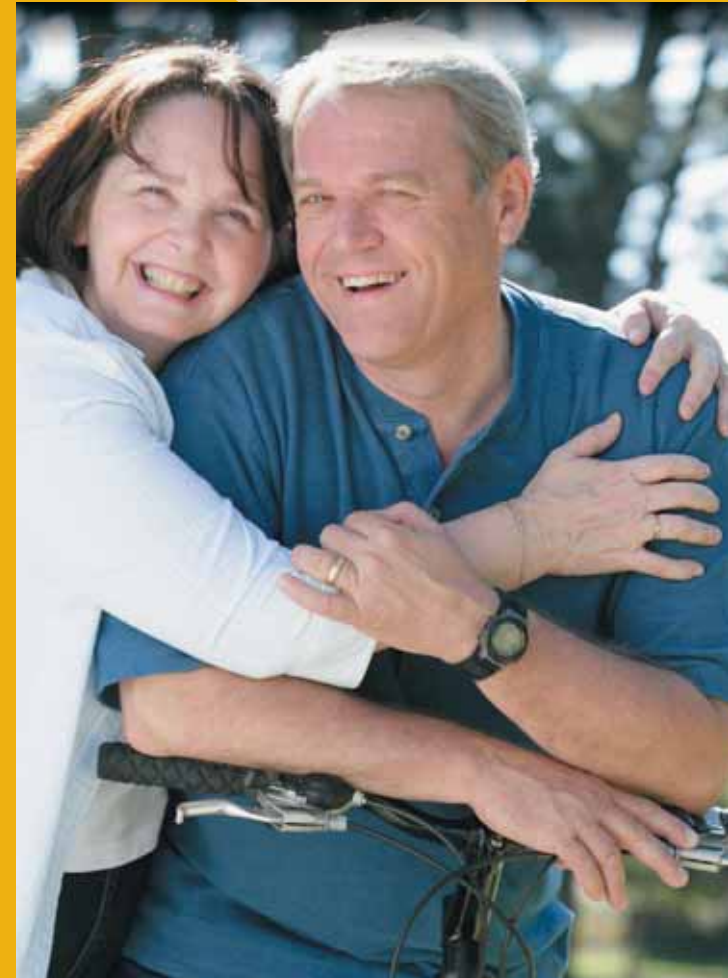
All potential participants complete an evaluation and screening process at Southern Ocean County Hospital to determine if they are eligible for the program.

The evaluation and screening process includes:

- Pulmonary Function Test
- Arterial Blood Gas Analysis
- Chest X-ray
- Electrocardiogram
- Pulmonary Stress Test
- Six-Minute Walk Study
- Echocardiogram

Upon completion of these tests, participants who qualify for the program then meet with a member of the pulmonary rehabilitation staff to discuss their specific needs, determine their personal goals and develop a physician-approved, medically supervised exercise program.

# Pulmonary Rehabilitation Program



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— Excellence in Community Healthcare —

# Pulmonary Rehabilitation: Breathing Made Easier



## The Pulmonary Rehabilitation Department at SOCH

The Pulmonary Rehabilitation program at SOCH is dedicated to improving the lives of patients with lung disease by increasing the strength and endurance of the participants, thereby enhancing their ability to breathe more effectively.

Pulmonary Rehabilitation at SOCH combines exercise, education and breathing retraining. The program is supervised by our specially trained staff and board-certified physician specialists in pulmonology. Together, they provide medical excellence and personalized care.

In addition, pulmonary rehabilitation participants may also take advantage of support groups and educational workshops offered throughout the year by The Family Resource Center, located on the 4th floor of the Ocean Club at 700 Route 9 in Stafford Township.

The Pulmonary Rehabilitation Program at SOCH is a 12-week outpatient service that helps participants reach their maximum functioning level each day and better manage and improve breathing difficulties.



The program is focused on both the patient and his or her family, and is comprised of exercise, education and breathing retraining, all under the direction of board-certified physicians specializing in pulmonology. Participants typically meet two times per week and take part in 90-minute sessions. Class sizes are usually limited to eight members.

The objective of the program is to improve the quality of life for the individual with breathing difficulties by enhancing their overall fitness and helping them better understand their illness.

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## Exercise Therapy

The most immediate goal of the Pulmonary Rehabilitation Program is to break the cycle of inactivity that is frequently associated with lung disease. Participants typically begin with light work on treadmills, exercise bicycles, and upper body machines. Gradually and safely, participants increase their level of work to reach their potential. All exercise is carefully monitored and under the supervision of highly trained, certified respiratory specialists.

During the exercises, the Pulmonary Rehabilitation staff will:

- Monitor continuous ECG and heart rate via telemetry
- Perform blood pressure checks
- Monitor pulse oximetry (oxygen levels)

Participants also learn techniques that help them regulate breathing during exercise and retrain and strengthen breathing muscles to reduce shortness of breath and optimize ventilation. As a participant's endurance improves, their workout is adjusted accordingly.

