

## Information for your doctor

### LungMax® referrals

Please contact Nambour General Hospital on 5470 6768 for a referral form to enter the program.

## Guidelines for referral

### Absolute contraindications

- unstable angina in recent months
- recent myocardial event
- critical aortic stenosis
- cognitive impairment not suited to group work.

### Relative contraindications

- tachycardia
- arrhythmia
- severe hypertension, systolic >180
- severe mobility problems
- PVD with claudication.

### Other considerations

- spinal and joint disease may impede benefits of program
- withhold program for clients acutely unwell or during an exacerbation
- clients with oxygen and stable medical (cardiac) conditions are eligible for consideration
- must have ability or have access to transport to program location two times a week (8 weeks). Consider Home and Community Care (HACC) transport assistance.

## Class times

Current as at July 2014

Venue	Day
Nambour General Hospital	Tues and Thurs
Kawana Island	Mon and Wed
Noosa at the 'The J'	Mon and Wed

Classes run every week from late January until early December. Closed all public holidays

### Kawana Island

Meeting place is located at 5 Grand Parade, Kawana Island, alongside Double Bay Beach park.

### Gympie LungMax

Please phone 5489 8615 for dates and times

## Contact

### LungMax® Coordinator

Respiratory education department

Ph: 07 5470 6768 (Office)

Mob: 0448 176 312

Fax: 07 5370 3482

*We acknowledge Dr Sue Jenkins, Sir Charles Gairdner Hospital WA, for inspiration and guidance in the development of the LungMax program.*



**Partnering with Consumers - Standard 2**  
Consumers and/or carers provided feedback on this patient information.



**Service Delivery - Standard 11**  
Patients and the community have access to safe, high quality healthcare services that are appropriate, effective and meet their needs.



**Standard 12: Provision of Care**  
The intention of this standard is to ensure high quality care is delivered to consumers / patients throughout the care continuum.



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# LungMax®

## Pulmonary rehabilitation program

### Information for people with chronic lung disease

## What is LungMax®

LungMax® is an 8 week exercise and education program run by the Sunshine Coast Hospital and Health Service (SCHHS) for people with a chronic lung disease.

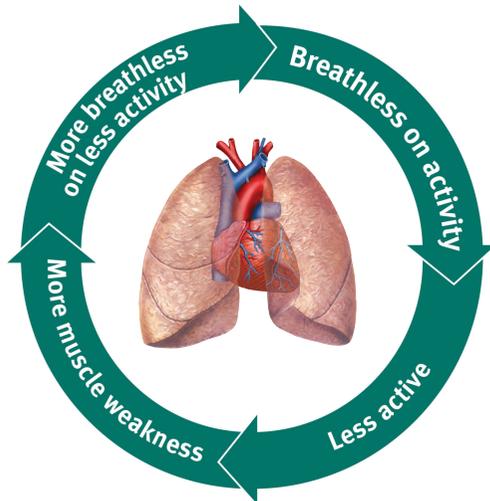
The program is run at Nambour General Hospital and Gympie Hospital plus community halls at Kawana Island and Noosa. It is coordinated by the SCHHS Respiratory Department. LungMax® is staffed by respiratory nurses, physiotherapists and allied health staff from across the SCHHS.

### LungMax endeavours to:

- improve fitness and exercise ability
- reduce shortness of breath especially with activity
- improve your quality of life.

### Can exercise help?

Breathlessness and fatigue associated with physical activity has caused many lung disease patients to limit the amount of exercise or activity they do each day. This in turn causes a downhill spiral of increasing muscle weakness, more breathlessness, fatigue and an overall de-conditioning of the body. The person with lung disease is able to do less and less physical activity.



**Downward spiral in fitness**

## Evidence for pulmonary rehabilitation

Evidence based research with chronic lung disease patients have shown that regular exercise helps to strengthen weak muscles and improve fitness.

This includes people with moderate to severe shortness of breath. As muscles re-condition the patient can do more work or be more active on the same quantity of breath.

Pulmonary rehab can stop the downward spiral in fitness. Regular exercise has been shown to reduce breathlessness, restore energy levels and improve well being in people with lung disease.

LungMax® encourages people with chronic lung disease to participate in an exercise program that encourages walking (with rest periods if required) with gym based upper and lower limb exercises.

LungMax® provides the opportunity for people with lung disease to exercise safely. It allows people to discover their exercise capacity within a controlled environment with trained health professionals to assist them.

LungMax® allows people to be assessed individually and guided in exercise activities to ensure maximum gain within a supervised program.

### Enrol in LungMax®

To enter the LungMax® program you need to be referred by your doctor or specialist. If your doctor or specialist agrees you are a likely candidate for the program they can send us a referral and we will contact you.

### Cost of the program

No charge.

## LungMax® schedule

You need to undergo an assessment when you start at one of the LungMax® programs. We also do a similar assessment at the end of the eight weeks. This assessment consists of measuring your lung function, blood pressure, taking a medical history, doing a walking test and filling out a questionnaire about shortness of breath with activity.

You will be encouraged to attend the classes at the LungMax® area of the hospital or at one of the other venues provided on two days each week (approximately 90 minutes each session) for eight weeks.

You will be prescribed an individualised home exercise program to carry out on at least one to three additional days each week.

## LungMax® classes

Each class may have up to twelve people and will be supervised by the respiratory nurses or physiotherapist with the assistance from other allied health staff over the course of the program.

Your exercise program will be decided based on your physical assessment and medical history. It is important that these are exercises that you are happy to do. The exercises usually include a walk followed by arm and leg exercises prescribed in consultation with our staff. We complete the class with an education and information session about living with lung disease.

The walking exercises are carried out in flat areas near our exercise venue. We use basic gym facilities and equipment to assist in your program.