



Rush Oak Park Hospital

Pulmonary Rehabilitation Program

A comprehensive program to help people with lung disease lead healthier, more active lives

Chronic obstructive pulmonary disease (COPD) is the third leading cause of death in the United States. The Pulmonary Rehabilitation Program at Rush Oak Park Hospital offers patients with COPD and other forms of lung disease, including patients who have developed lung disease post-COVID-19, the opportunity to increase their exercise capacity, improve their quality of life and potentially reduce hospital readmissions.

After an initial evaluation, patients begin a 10- to 18-week program, which meets two to three times a week. Individualized treatment plans include exercise, education, nutrition counseling and social resources. Each program component is essential to help patients understand their disease process while our staff works with them to boost their strength and endurance.

After completing the program, patients are provided with a personalized home exercise plan and are encouraged to continue to lead an active lifestyle.

To refer patients

For Rush providers

- Make a pulmonary rehabilitation referral in EPIC.
- Include lung diagnosis.
- Include referral or have a yearly current PFT for any obstructive lung disease and have an ICD 10 code.
- Have patient call (708) 660-LUNG (5864) to schedule their appointment.

For external referrals

- Fax order, face sheet, PFT and most recent progress notes to (708) 660-2156.
- Have patient call (708) 660-LUNG (5864) to schedule their appointment.
- For more information, call (708) 660-LUNG (5864).

Conditions

Pulmonary rehabilitation is available to patients who have the following conditions:

- Asthma
- Bronchiectasis
- Chronic obstructive pulmonary disease/emphysema/chronic bronchitis*
- Cystic fibrosis
- Interstitial lung disease
- Lung cancer
- Lung transplant
- Post-COVID-19 lung disease
- Pulmonary fibrosis
- Pulmonary hypertension
- Restrictive lung disease
- Sarcoidosis

**Per Medicare guidelines, PFT required when classified COPD Gold 2-4.*

Our Team

The Rush Oak Park Hospital pulmonary rehabilitation team includes the following experts:

- **Medical director:** Oversees the program and patients' individual treatment plans
- **Registered respiratory therapists:** Support patients and families through a personalized education and exercise treatment plan
- **Registered dietitian:** Educates and sets goals for patients to gain a better understanding of food that is appropriate for their health condition
- **Social worker:** Acts as excellent resource to foster independence, and assists with the frustrations and coping mechanisms involved with chronic lung disease

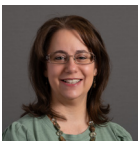
Location

Rush Oak Park Hospital
520 S. Maple Ave.
Ground Level
Oak Park, IL 60304

Care providers include the following:



Joanne Martires, MD
Medical Director



Mollie Brinkman, RRT
Registered Respiratory Therapist



Joyce Nowak, RRT
Registered Respiratory Therapist



Christina Sciulli, RRT
Registered Respiratory Therapist



Excellence is just the beginning.