

FOR IMMEDIATE RELEASE

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Speare's Pulmonary Rehab Program Transforming Lives

PLYMOUTH, N.H.---Grace Fraser and John Chivers, both of Wentworth, are the first to graduate from Speare Memorial Hospital's new Pulmonary Rehab program. Pulmonary Rehab has been designed for people with moderate to severe COPD and Restrictive Lung Disease diagnoses, including bronchitis, emphysema and asthma, who have had a decline in their endurance and ability to perform everyday activities.

"We are seeing such a transformation in our patients over the course of the program," notes Respiratory Therapist Karen Johnston.

"When Grace first came to us after going on oxygen, she thought her life was over. Now she is planning a trip to Tuscany. Another patient, who thought he would never go hunting again, is planning a hunting trip this fall. It is so gratifying to know you can help make such a difference in someone's life." Grace agrees, saying the program has been wonderful and "the strategies for 'living' have been amazing."

Jointly coordinated by Cardiopulmonary Services and RehabFIT, the goal of Pulmonary Rehab is to help patients improve lung function for activities of daily living. Based on the results of a pulmonary function test demonstrating decreased lung function over the last 12 months, the program includes individualized treatment plans and class-based education, training and exercise. Classes are held Monday, Wednesday and Friday afternoons in the Cardiac Rehab gym, located on the first floor in the east wing of Speare Memorial Hospital.



Respiratory Therapist Heidi Ashe (l) and Occupational Therapist Candee Adams (r) stand with patients John Chivers and Grace Fraser. They are the first graduates of Speare Memorial Hospital's new Pulmonary Rehab program.

A doctor's referral is required, and patients must be non-smokers, or be certified by their provider as actively pursuing a quit date. For more information or to schedule an appointment call (603) 238-2225.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com or join us on Facebook.

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