

THE NEW JEWISH HOME

POST-ACUTE PULMONARY REHABILITATION PROGRAM



The New Jewish Home offers a specialty **Pulmonary Rehabilitation Program** on our Upper West Side Manhattan campus. Our program helps patients with pulmonary diagnoses **regain their strength and manage their symptoms**. We're the only sub-acute program staffed by **full-time physicians and nurse practitioners** from the Mount Sinai Health System.

Research shows that when Pulmonary Rehabilitation is implemented within four weeks of a hospitalization due to COPD (Chronic Obstructive Pulmonary Disease), there is a **significant reduction in future hospital readmissions and an improved quality of life**.

POST-ACUTE PULMONARY REHABILITATION PROGRAM

The Pulmonary Rehabilitation Program supports medically stable patients with:

- COPD and other chronic lung diseases
- Insurance qualifications to receive post-acute stay at The New Jewish Home

Patients are evaluated by a respiratory therapist and medical team on admission. Throughout their stay, they may receive **respiratory therapy, medical, nursing, and dietary care, as well as physical, occupational, speech and swallowing therapy.**

Our comprehensive clinical capabilities include:

- Nocturnal BiPAP and CPAP
- Supplemental Oxygen
- Surgical drain and wound care
- Medication management with on-site pharmacy
- Chest physical therapy
- Postural drainage, percussion and vibration
- Muscle strengthening, conditioning, stretching, posture and balance training
- Neuromuscular Electrical Stimulation (NMES)
- Expiratory Muscle Strength Training Program (EMST)

Patient Education

A key component to recovery is empowering patients to be active participants in managing their own health. Our team provides guidance to patients and their loved ones on:

- Using an inhaler
- Smoking cessation
- Self-management of symptoms
- Customized nutrition and dietary education, and individualized meal plans
- Stress reduction techniques and breathing exercises

Our discharge planning includes a detailed evaluation of patient readiness for discharge and making referrals for additional care as needed (e.g., home care, outpatient pulmonary rehab or an adult day health care program).



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Call or email to schedule a tour:

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