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 operates 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 can cause 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.

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 rehabilitation 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.
LungMax® classes

Each class may have up to 12 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.

Class times

Current as at July 2014

<table>
<thead>
<tr>
<th>Venue</th>
<th>Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nambour General Hospital</td>
<td>Tues and Thurs</td>
</tr>
<tr>
<td>Kawana Island</td>
<td>Mon and Wed</td>
</tr>
<tr>
<td>Noosa at the ‘The J’</td>
<td>Tues and Thurs</td>
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</tbody>
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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)
Fax: 07 5370 3482

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 (eight weeks). Consider Home and Community Care (HACC) transport assistance.

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