

Gifford Health Care

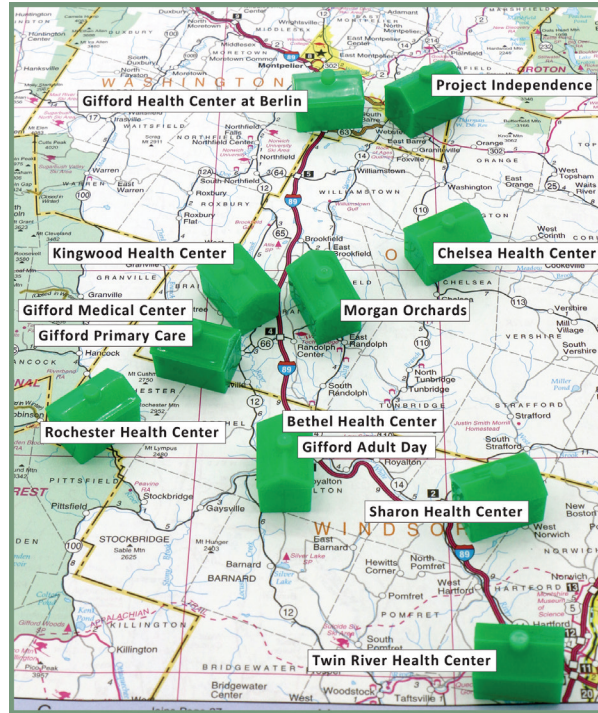


Gifford Health Care, an FTCA deemed Federally Qualified Health Center, is a network of community health centers throughout central Vermont and the Upper Valley. Our locations include six primary care clinics, a Critical Access Hospital with a renowned Birthing Center, specialty clinics, and senior living facilities.

Gifford Medical Center, a Critical Access Hospital in Randolph, Vermont, is the heart of the Gifford Health Care system. Nationally recognized for its importance in serving our rural community, it has remained a central hub of high-quality medical care in Vermont for over 110 years.

We provide a wide range of services within our modern, comfortable facility, including 24-hour emergency care, inpatient and outpatient services, diagnostic imaging, surgery and rehabilitation, and end-of-life care. Additionally, our newly renovated and highly-acclaimed Birthing Center combines the expertise of OB/GYN care and low-intervention midwifery. At Gifford Medical Center, we care for you with a hometown approach... for life.

Directions



From Interstate 89 take Exit 4 (Randolph) and head west on Route 66 to Route 12 south.

Gifford is one mile on the left. Drive through the entire village of Randolph and up the hill going out of town.



44 South Main Street • Randolph, VT 05060

(802) 728-2667

giffordhealthcare.org



Gifford

Pulmonary Rehabilitation

Randolph, Vermont • giffordhealthcare.org

What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is an outpatient program designed for those who experience lung problems such as:

- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Chronic Bronchitis
- Bronchiectasis
- Sarcoidosis
- Pulmonary Hypertension
- Pulmonary Fibrosis
- Interstitial lung disease
- Lung cancer and lung cancer surgery
- Lung volume reduction surgery before and after lung transplantation

What Can I Expect at Gifford?

Before beginning the program, you will undergo some required testing that includes an EKG, chest x-ray, pulmonary function test and a six-minute walking test (if not already completed within one year prior). Once the required testing has been completed, you will then meet with Dr. Marda Donner, our Pulmonologist, to see if you are eligible for the program.

Gifford's pulmonary rehabilitation program is offered by the Cardiopulmonary Department. The program is held three days a week (Monday, Wednesday and Thursday). Participants join for 6-12 weeks and follow an education and exercise program tailored to each individual's specific needs and health condition.

Each session will include:

- Physician-prescribed exercise on a treadmill, a recumbent bike, arm ergometer and hand weights, and occasionally walking up and down stairs
- Pulse and oxygen saturation checks during and after exercise

There may be up to four participants in the gym at one time. The program is led by one of Gifford's specially trained Respiratory Therapists and/or Nurses, who will monitor patients carefully during each session.

The educational portion of the program will include topics, such as living with COPD, stress reduction, medications and smoking cessation (if needed).

Upon completion of Gifford's program, participants are encouraged to follow an at-home exercise program to maintain their highest level of health.

How Pulmonary Rehabilitation Helps

Gifford's goal is to help patients manage their disease and return to daily activities and increase quality of life by:

- Improving your physical health by reducing respiratory symptoms, such as shortness of breath and fatigue
- Improving your mental and social health by decreasing anxiety and depression
- Helping you to understand and manage your lung disease
- Reducing risk factors through lifestyle changes



Starting Pulmonary Rehabilitation?

If you don't already have a referral from your physician, talk to him or her about pulmonary rehabilitation and how it might help you. For more information about Gifford's program or to enroll, call the Cardiopulmonary Department at (802) 728-2667.



Gifford Health Care

Caring for you... for life.

(802) 728-2667

giffordhealthcare.org