



Editor Note on Pulmonary Rehabilitation

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Description

Pulmonary rehabilitation, also known as respiratory rehabilitation, is an integral aspect of the management and preservation of health for people with chronic respiratory disease who are either symptomatic or have reduced function through routine medical care. It's a broad definition in terms of care. In general, pulmonary rehabilitation refers to a collection of services provided to patients with respiratory diseases and their families, with the aim of improving the patient's quality of life. Depending on the patient's needs, pulmonary rehabilitation may take place in a number of environments and may or may not require pharmacologic involvement. It is a controlled programme that involves exercise preparation, health education, and breathing exercises for people who have certain lung disorders or are experiencing lung problems as a result of other conditions.

The aim of pulmonary rehabilitation is to:

- To alleviate symptoms
- To increase awareness of lung disease and encourage self management.
- Muscle strength and mobility should be improved (peripheral and respiratory)
- To improve exercise tolerance
- Reduce the length of time spent in the hospital
- To assist of better functioning in day-to-day life
- To aid in the treatment of anxiety and depression

One year after pulmonary rehabilitation, the number of days spent in the hospital has decreased. A reduction in the number of exacerbations in patients who exercised on a regular basis and those who

did not. Exacerbations are less common after pulmonary rehabilitation. Anti-inflammatory agents (inhaled steroids), bronchodilators, long-acting bronchodilators, beta-2 agonists, anticholinergic agents, oral steroids, antibiotics, mucolytic agents, oxygen therapy, or preventive healthcare (i.e., vaccination) are the drugs used in the process of pulmonary rehabilitation. Multidisciplinary teams are used in pulmonary rehabilitation services to help patients with permanent respiratory impairment improve their physical and social functioning. These services provide therapy in an inpatient, outpatient, or home environment, with at least three sessions a week for a minimum of six weeks. Exercise instruction, schooling, and psychosocial/behavioural elements are typically included in the services. Most rehabilitation services include upper extremity exercises and breathing technique training, which alleviate dyspnoea, but their contribution to enhanced functional capability is unknown. Patients with chronic obstructive pulmonary disease (COPD) benefit from pulmonary rehabilitation because it reduces dyspnoea symptoms, improves functional exercise capability, and improves quality of life. The effectiveness of therapy for patients with non-COPD causes of pulmonary dysfunction is unknown, but many of these patients are likely to benefit. Third-party payment plans have been inconsistent, despite the existence of clear evidence to support the effectiveness of pulmonary rehabilitation services in patients with serious COPD. Nonetheless, all eligible candidates with chronic respiratory impairment, especially those with serious COPD, are encouraged to enrol in a pulmonary rehabilitation programme. Patients who qualify for pulmonary rehabilitation have respiratory dysfunction, which is characterized as a pathophysiologic defect that causes disability (i.e., some loss of function). This results in a handicap, or the disadvantage incurred by the impairment, which leads to a lower than-desired level of functioning in the social sense. As a result, the aims of pulmonary rehabilitation are to (1) relieve symptoms, (2) restore functional ability to the greatest extent possible, and (3) minimize handicap, thus improving overall quality of life.

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