

Mohsen Abedi

Shahid Beheshti University of Medical Sciences
Iran

Implementation of a hospital-based exercise training program in pulmonary rehabilitation of patients with COPD

Abstract:

Pulmonary rehabilitation is an effective method to improve the clinical conditions of patients with chronic obstructive pulmonary disease (COPD), which can include providing a supervised exercise program at home or in a treatment center according to the patient's conditions and abilities. Despite the many benefits of pulmonary rehabilitation, it has not received much attention in different countries. Most current Pulmonary rehabilitation guidelines are for outpatients COPD and there are little studies about the implementation and effect of exercise training in inpatient COPD. Currently, there are few inpatient rehabilitation centers in the world. Considering the limitations in access to patients, and the importance of pulmonary rehabilitation in the treatment process of patients with COPD, in the present study we have presented the pulmonary rehabilitation protocol localized by Masih Deneshvari Hospital in Tehran, Iran