



Pulderbos Rehabilitation centre

Patricia van de Wijdeven
Pediatrician – respiratory disease

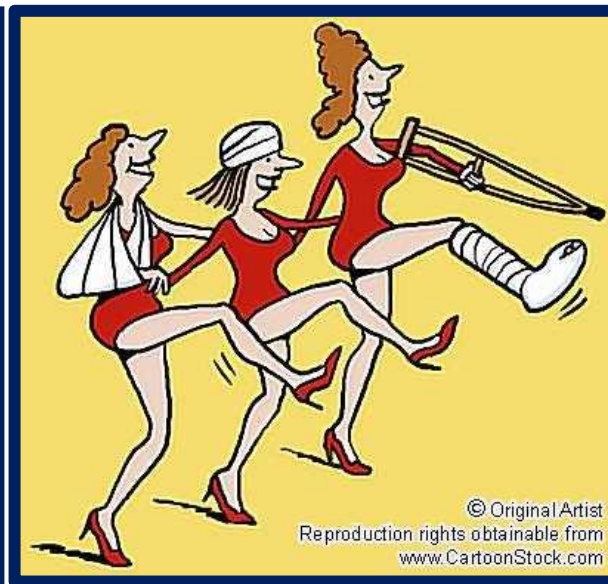




PHYSICAL REHABILITATION

Restore...

Health
well-being
functional abilities



PHYSICAL REHABILITATION

Restore...

Health
well-being
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Patients with acute physical
illness because of an acute or
chronic (neurological)
incident

RESPIRATORY REHABILITATION

Restore...

Health

well-being

functional abilities

Patients with chronic respiratory disease, difficult asthma, CLDI, high/low flow oxygen, CPAP, NIV/IPPV, Cystic Fibrosis, other sputum expectorating diseases



PHYSICAL REHABILITATION

functional abilities

Patients with acute physical illness because of a acute or chronic (neurological) incident

Pulderbos rehabilitation centre

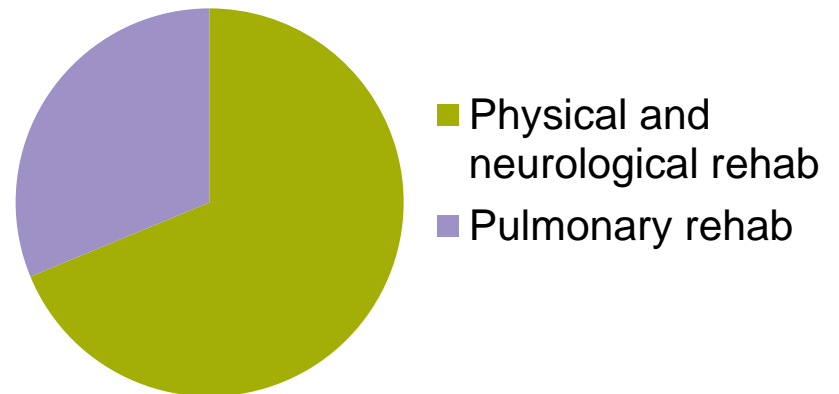


Pulderbos

Rehabilitation centre, Belgium

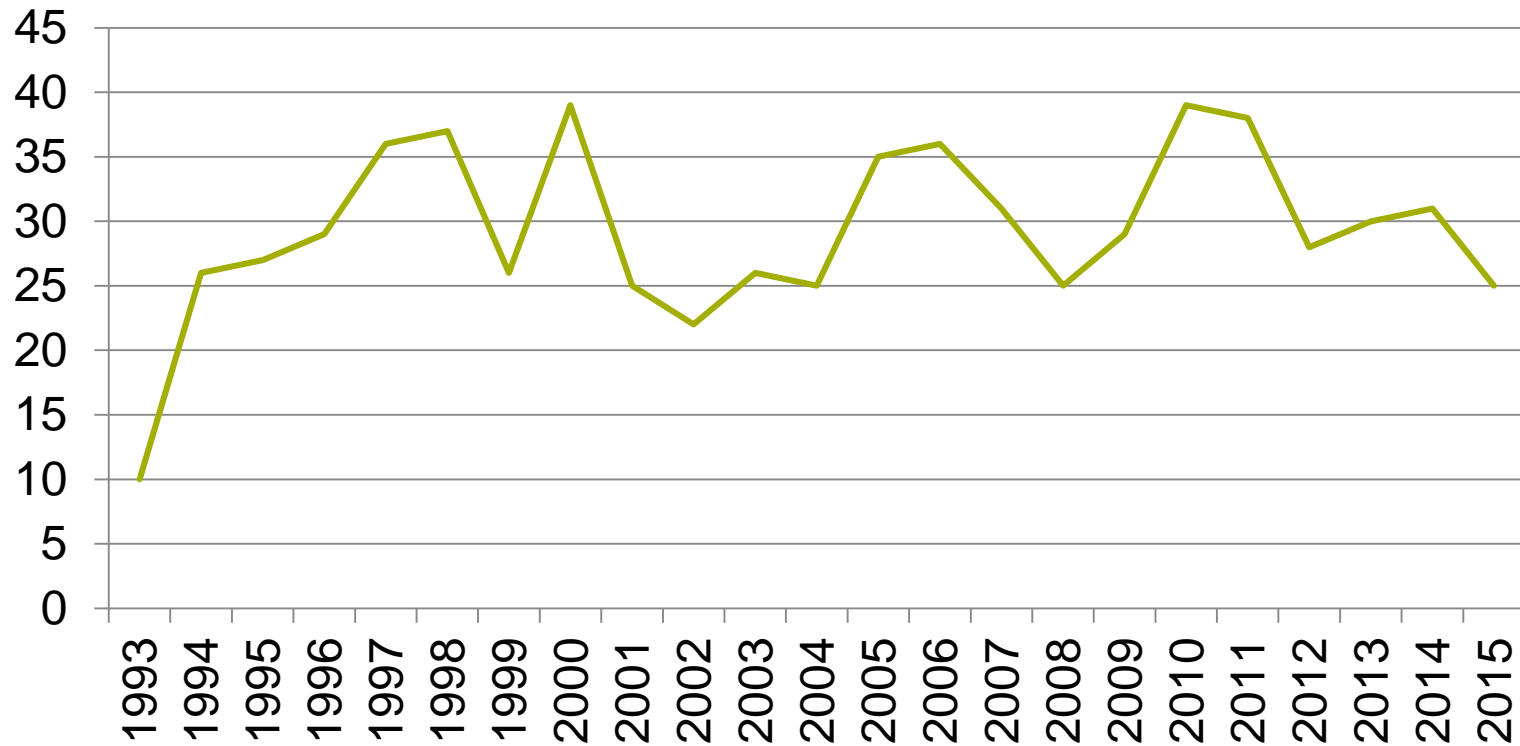
Children and adolescents 0-21 years

Total beds 96



Pulderbos rehabilitation centre

% CF/total respiratory rehab inpatient program per year



Pulmonary rehabilitation

'working with the patient as a whole'

Restore over-all health and well-being

Improve respiratory function _____

Improve physical strength and weight _____

Improve ability to function _____

Improve quality of life _____



Restore
over-all
health

Improve respiratory function

Improve respiratory function

Reduce symptoms, sputa and cough
Stabilize and improve FEV1



Improve respiratory function

Improve respiratory function

Pediatrician

Optimize therapy

Medical treatment

Good 'partnership' with CF-centres

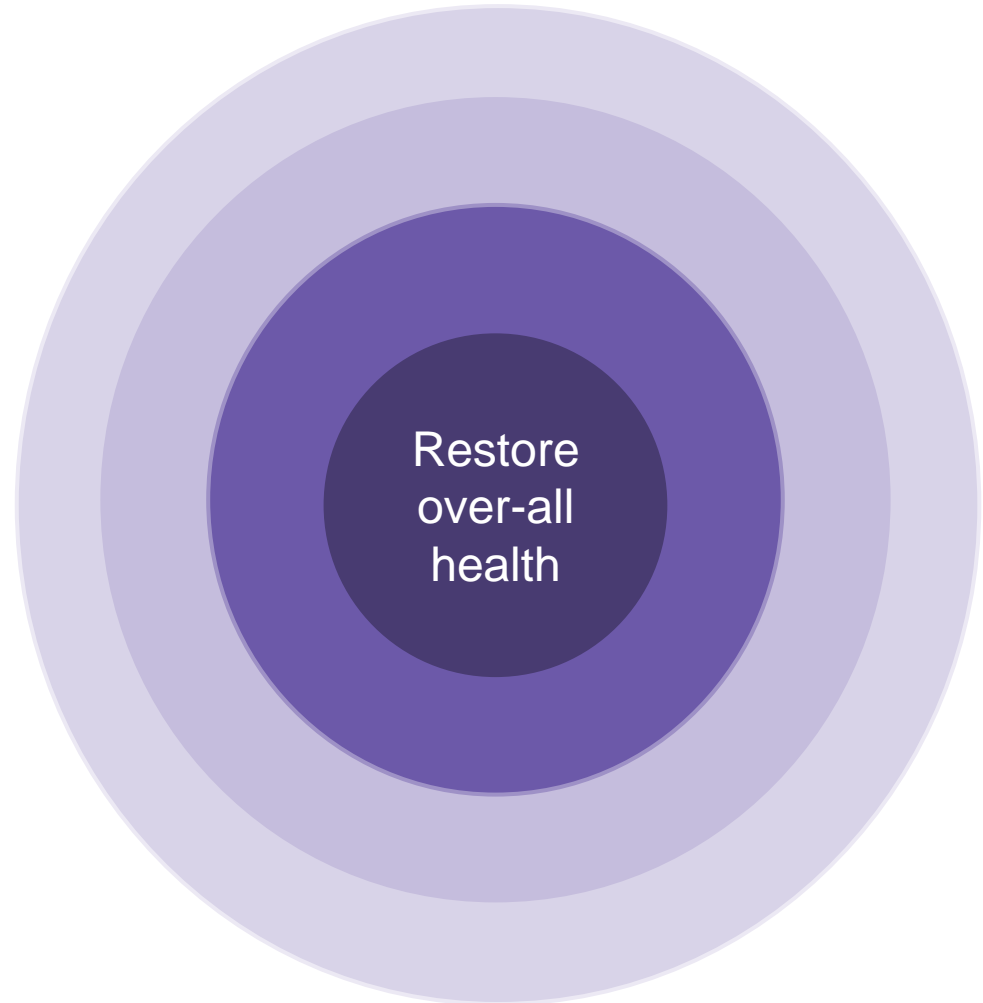


Improve respiratory function

Improve respiratory function

Physiotherapist

Respiratory physiotherapy



Improve respiratory function – Taylor-made

Improve respiratory function

Pediatrician

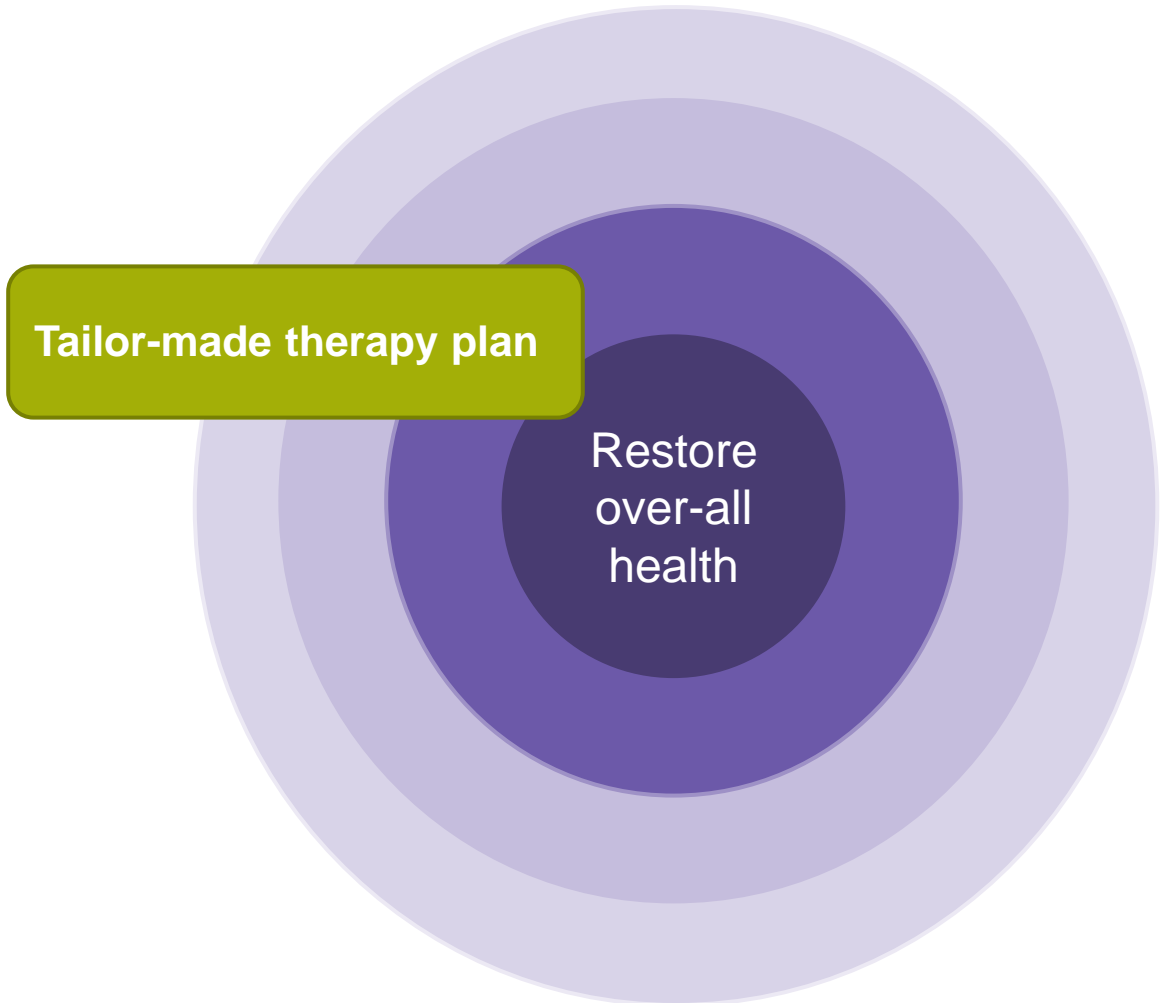
Physiotherapist

Nurse and pedagogue

Continuous observations

Medical and psychosocial

Teaching the patient



Improve physical strength and weight

Improve physical strength and weight

Exercise training under supervision of physiotherapist

Dietitian and pediatrician work together to improve weight by

Adjusting Calorie intake

Fine tuning medication

Tube feeding if necessary

Nutritional counseling



Improve physical strength and weight

Improve physical strength and weight

Exercise training under supervision of physiotherapist

Dietitian and doctor work together to improve weight by

Adjusting Calorie intake

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Tube feeding if necessary

Nutritional counseling



Improve ability to function and quality of life

**Improve ability to function
and quality of life**

‘Taylors’

Pediatrician and educational therapist

Physiotherapists

Nurses and pedagogues

Dietitians

Occupational therapists

Psychologists

Social workers

Schoolteachers

Taylor-made therapy plan

**Restore
over-all
health**



Work with the patient as a whole

Improve ability to function and quality of life

Working with the patient as a whole

Not just the pulmonary component of the disease

Individualized treatment

Reduce symptoms

Optimize functional status

Increase participation in daily life

Reduce health care costs



Pulmonary rehabilitation - Submission

Submission

- ✓ CF-centre
- ✓ Parent(s) and or patient

Respiratory deterioration

Therapy resistance

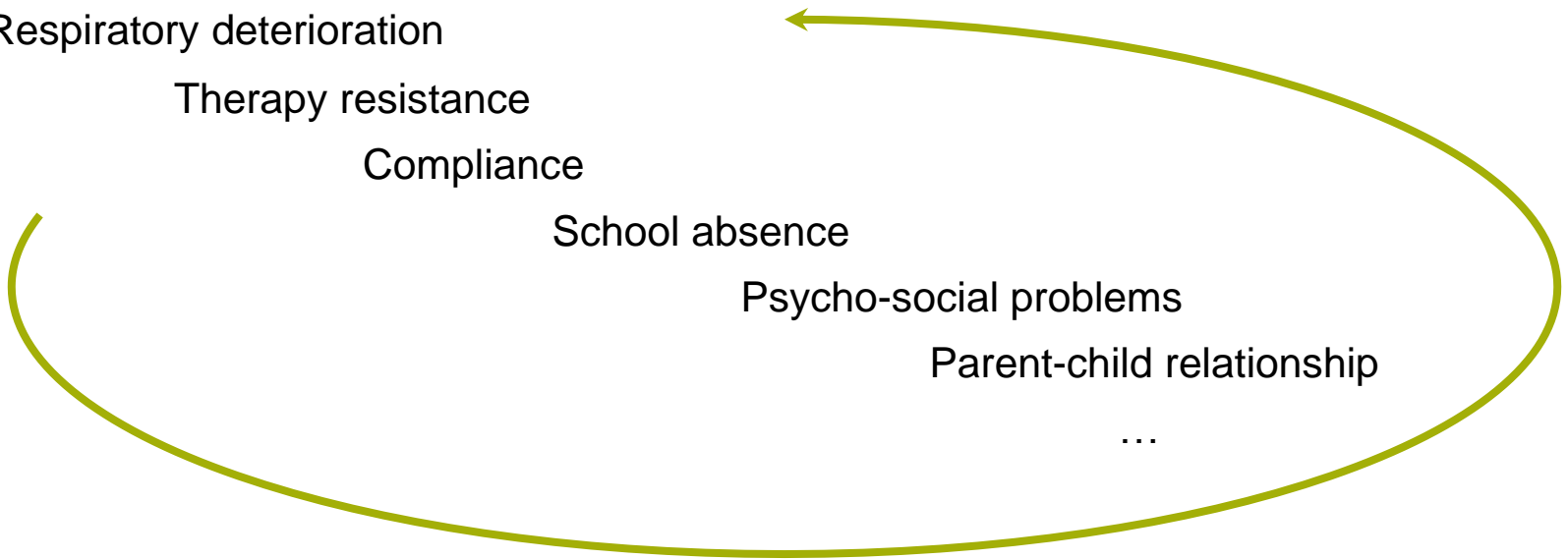
Compliance

School absence

Psycho-social problems

Parent-child relationship

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Pulmonary rehabilitation – goals and aims

Submission

Goals and aims



Intake with parent(s) and or patient

Pediatrician, educational therapist, social worker, CF nurse

Discuss possible goals and aims of the inpatient rehabilitation program

These can be very different depending of the patient and patients age

Goals, aims and challenges

Goals, aims, and challenges

Depending on patients age

Depending on stage of life



Different approach

Parent → parent-child → adolescent and parent → young adult

Pulmonary rehabilitation – challenges and results



Submission

Goals and aims

Challenges and results

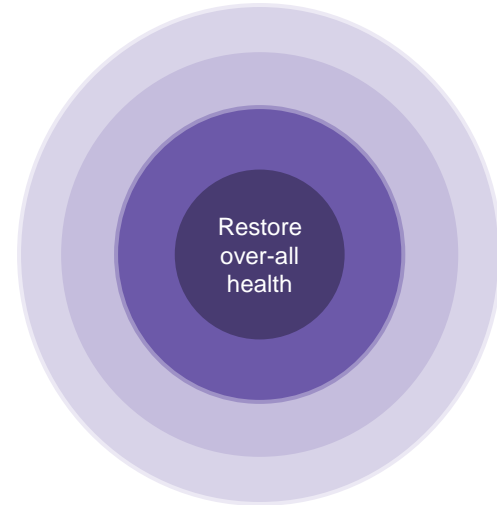
A good multi- and interdisciplinary team will try to achieve the goals

Constant observations by all the team members, intensive and intense interactions with the patient and parents

Teaching patient and parents

During the program we often come to new aims, goals and challenges and work to get the best results possible

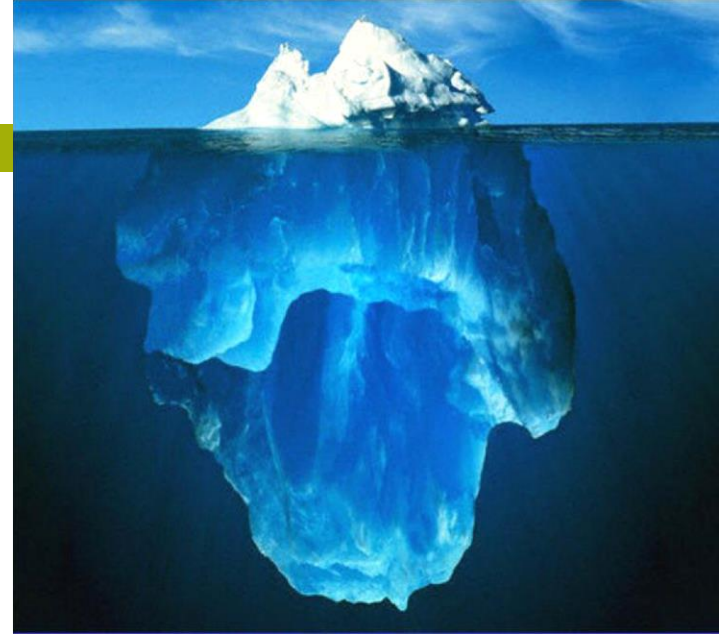
Pulmonary rehabilitation



It's not just about the pulmonary component of the disease, it is the whole package
Reduce symptoms, optimizing functional status and increasing participation in daily life

The strength of an inpatient rehabilitation is getting or having the time to do
constante observations by all the team members, continuous feedback, take time to
do good deliberations and therefore try to get the best results possible

Pulmonary rehabilitation



It's not just about the pulmonary component of the disease, it is the **whole package**
Reduce symptoms, optimizing functional status and increasing participation in daily life

The strength of an inpatient rehabilitation is getting or having the time to do constant observations by all **the team members**, continuous feedback, take time to do good deliberations and therefore try to get the best results possible



Pulderbos Respiratory rehab

With thank's to the whole team of the respiratory department

Dr Marleen Moens (head of the department)

Nita Faes (educational therapist)

Carine Cavey (head nurse)

Leen Govaerts (CF nurse)

Kurt De Hert, Kelly Spooren Karel Hoefkens, Geert Wouters (physiotherapists)

All other nurses, pedagogues and specialists in the field