

CHIREC - DELTA SITE RESPIRATORY REHABILITATION PROGRAMME

Dr Mathieu **Desplan**, coordinating pulmonologist



Chirec - Delta Site
Boulevard du Triomphe, 201 - 1160 Brussels



www.chirec.be

For what type of patient ?

Anyone with a respiratory illness suffering from :

- COPD (chronic obstructive pulmonary disease)
- Emphysema
- Severe asthma
- Bronchodilation
- Respiratory failure
- Pre-/Post thoracic surgery
- Lung cancer
- Pulmonary fibrosis
- COVID-19 consequences

And more specifically for sufferers of respiratory illnesses who are :

- Deconditioned, sedentary,
- Short of breath and struggling in their day-to-day activities,
- Post hospitalisation (intensive care, COPD exacerbation,...)

When ?

Mondays, Wednesdays, and Fridays:

Sessions from 1pm to 2pm, 2pm to 3pm, or 3pm to 4pm.

Bring a sports outfit.

Where ?

Rehabilitation room : Floor +1, wing C

Waiting room : C4

How ?

- The outpatient rehabilitation secretariat organises your pre-rehabilitation assessment with the pulmonology department.
- The coordinating pulmonologist checks that you are eligible for a pre-rehabilitation assessment (ergospirometry/walk test/question form) that will help customise your rehabilitation programme (goals and training intensity).
- When the assessment is complete, you will plan the programme and its sessions with the rehabilitation secretariat.
- It is essential to attend the sessions regularly to ensure their success.
- At the end of the programme (24 to 30 sessions, e.g., 3 sessions/week for 2 months) a progress assessment is performed. Maintenance sessions can be scheduled as necessary.

Content of a session :

- 45 minutes: working on aerobic endurance (treadmill, bicycle) associated with the ventilatory threshold (as determined during the ergospirometry and the pre-rehabilitation assessment).
- 15 of muscular rehabilitation and balance exercises.
- Swimming pool sessions are organised on a weekly basis.
- Therapeutic education sessions are offered and focus on different themes.

Team

A multidisciplinary team (pulmonologists, physiotherapists, occupational therapists, tobacco-logists, nutritionists, psychologists...).

Regular multidisciplinary meetings are held to discuss individual programmes based on the specific profile and medical issues of each patient.

MAIN GOALS

- Improving quality of life.
- Reducing shortness of breath.
- Reducing hospitalisations.
- Return to autonomy.



Head of department

Dr Annick **FOUCART**,
Cervicothoracic and endocrine surgery

Pulmonologists

Dr Christophe **COMPÈRE**, *Head of unit*

Dr Mathieu **DESPLAN**,
Pulmonology coordinating physician

Dr Jacques **DE KOSTER**

Dr Alfred **FLEMALE**

Dr Nathalie **HUTSEBAUT**

Dr Dana **KORN**

Pr Olivier **MICHEL**

Dr Catherine **M'BAZOA**

Managing physiotherapists

Mme Sophie **GADENNE**

Mme Anaïs **VORON**

Mr Christian **VAN NIEUWENHUYSE**

Physical medicine and rehabilitation

Dr Nathalie **BILTIAU**

Dr Isaline **BROUWERS**

Dr Michel **GOOSSENS**

Dr Corine **MOTTE DIT FALISSE**

Dr Dongliang **QIN**

Pre-rehabilitation analysis

Consultation with a pulmonologist

- Pulmonary Function Testing
- At rest (PFT)
- Under stress (ergospirometry)



Rehabilitation programme

- Scheduling sessions
- 24 to 30 sessions
- In small groups
- Customised training



Post-rehabilitation analysis

- Consultation with a pulmonologist
- Functional assessments
- Prescription of maintenance sessions as necessary

**Appointments for
pneumological rehabilitation**

**Consultation area: Floor +1
secretariat S2
02 434 87 77**

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