Pulmonary rehabilitation

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Objective: To present the latest scientific evidences in the field of pulmonary rehabilitation and the experiences in the Pulmonary Rehabilitation Service at the reference National Center ‘Julio Diaz’.

Materials and Methods: A review of all significant scientific documentation published by the leading societies in pulmonary rehabilitation, pneumology, and thorax surgery was made.

Results: We present special normative that have been emitted by ATS/ERS, AACPR and SEPAR. Also a clinic practical guide related with air ways permeation was produced by AACPR. We compile the latest scientific evidences in pulmonary rehabilitation in patients with obstructive and not obstructive diseases pre and post surgical rehabilitation and also in other diseases with incidence in pulmonary function. We present our experiences in the field with more than 15 years practice in our service. These results are related mainly with patients suffering neurological diseases with breathing compromise and also with chronic obstructive pulmonary illness.

Conclusion: In the treatment of pulmonary rehabilitation scientific evidence documented by leading societies is conclusive in the sense of the fundamental importance of physical training of the inferior extremities both for resistance and strength. Our experience is in coincidence with the more serious scientific reports.