

**HACKETTSTOWN REGIONAL MEDICAL CENTER
CARDIO PULMONARY POLICY MANUAL
INDICATIONS AND CONTRAINDICATIONS FOR PULMONARY REHABILITATION**

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Purpose: To outline the indications and contraindications for pulmonary rehabilitation.

Indications:

A. Chronic obstructive pulmonary diseases such as:

1. Asthma
2. Bronchiectasis
3. Chronic bronchitis
4. Cystic fibrosis
5. Emphysema.

B. Restrictive diseases such as:

1. Chest wall disease
2. Interstitial disease
3. Post-polio syndrome
4. Selected neuromuscular disorders

Any other disease processes for which pulmonary rehabilitation is medically necessary.

Contraindications:

- A. Unstable angina
- B. Myocardial infarction within 4 weeks or myocarditis
- C. Uncontrolled hypertension
- D. Recent embolus (systemic or pulmonary)
- E. Any psychiatric condition (including dementia) which interferes with patient participation.
- F. Any uncontrolled condition which negatively impacts patient's safety or activity level.
- G. Cardiac arrhythmias (controlled or uncontrolled) which make the patient unable to exercise.

Any concerns about cardiac issues will be reviewed and cleared by the patient's cardiologist and/ or the cardiologist on staff.