

Christine Graves and Brandy Richwine Pulmonary Rehab perspective on PF

My name is Christine Graves and I have been a Respiratory Therapist for 16 years. Ten years ago, I started working at Cass Regional in Harrisonville, MO. I work in the hospital 2 days a week, and in Pulmonary Rehab 2 days a week. I was so excited to start something new and I feel like I get the best of both worlds.

My name is Brandy Richwine and I have been a Respiratory Therapist for 26 years. 6 years ago, I accepted a part time position at Cass Regional. I had no idea what I was signing up for. I worked with critical patients in the hospital for many years, Pulmonary Rehab is a whole new ball game.

Working in Pulmonary Rehab is both rewarding and challenging. In Pulmonary Rehab, we take the time to talk with our patients and to know them on a personal level. We find that many of our patients need to talk, and this helps with depression and feelings of being alone. People come to Pulmonary Rehab as patients, but they leave as family.

Pulmonary Rehab is typically a medical therapy for anyone with a Chronic Lung condition. When a person with Pulmonary Fibrosis attends, we do a detailed assessment to determine the limitations and needs of the individual. We provide safe, monitored exercise to improve shortness of breath, energy, and stamina. Education may include information about specific diseases, symptom management, treatments, medications, and nutrition. The benefits of Pulmonary Rehab include a better understanding and ability to manage one's own health at home, and the confidence to exercise and resume activities. In short, a better quality of life.

We believe that the emotional support, our positive attitudes and our encouragement makes us who we are.