

Table. Various Components of the Services Offered in Pulmonary Rehabilitation

Patient/Client Assessment	Collaborative Self-management Education	Exercise Training	Psychosocial Interventions	Patient/Client Follow-up
Patient/Client Interview	Anatomy and physiology	Mode, duration, frequency, and intensity	Building support systems	Outcome measurements of exercise capacity, symptoms, and health-related quality of life
Medical history	Pathophysiology of chronic lung disease	Upper and lower extremity endurance training	Treatment of depression	Support groups
Diagnostic tests (e.g., pulmonary function tests, chest radiograph, electrocardiogram, bone density measurement, and blood chemistry)	Breathing strategies	Respiratory muscle training	Stress management and relaxation techniques	-
Symptom assessment (e.g., dyspnoea, fatigue, and pain)	Secretion clearance	Flexibility and posture	Sexuality issues	-
Physical function assessment (e.g., musculoskeletal, exercise, and activities of daily living)	Medications	Orthopaedic limitations	Adaptive coping strategies	-
Nutritional assessment	Symptom management	Home exercise program	Adherence to lifestyle modifications	-
Educational assessment	Energy conservation	Emergency procedures	Smoking cessation and relapse prevention	-
Psychosocial assessment	Benefits of exercise and maintaining physical activity	Documenting the evaluation and treatment session	-	-
Multicomponent assessment	Activities of daily living	-	-	-

Goal development	Nutrition	-	-	-
-	Smoking cessation and other irritant avoidance	-	-	-
-	Early recognition and treatment of exacerbations	-	-	-
-	Leisure activities	-	-	-
-	Coping with chronic lung disease	-	-	-
-	End-of-life planning	-	-	-