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National Conference of TB & CHEST DISEASES

76th NATCON

11th - 13th APRIL 2022

Venue : MM CONTINENTAL HOTEL
MM (Deemed to be) UNIVERSITY (NAAC A++),
MULLANA, AMBALA, HARYANA (INDIA)



PULMONARY REHABILITATION Workshop Schedule, April 11th 2022

Course Director :
• Dr Manu Goyal

Resource Person : • Dr Mandeep K Jangra
• Dr Hina Vaish

Module 1 : Dr Mandeep K Jangra – 9:00 am -10:30 am

- Pulmonary rehabilitation overview and its impact on chronic lung disease
- Components of pulmonary rehabilitation
- Exercise intolerance in chronic lung disease
- Comprehensive assessment with emphasis on assessment of respiratory impairment, exercise capacity assessment (including use of six-minute walk test, step test) *, functional and outcome assessment*

Module 2 : Dr Mandeep K Jangra, Dr Hina Vaish – 10:30 am – 12:30 pm

- *Exercise prescription, and training in Pulmonary Rehabilitation
- *Training for mobility, strength and endurance
- *Strategies to improve ventilation, breathing exercises, control breathlessness; reduce work of breathing; chest clearance techniques; mobilization and positioning; use of mechanical aids and adjuncts
- *Self-management and coping strategies

Module 3 : Dr Mandeep K Jangra, Dr Hina Vaish – 12:30 pm – 1:30 pm

- Patient education, guidance to ADLs and home exercise program
- Recent advancement in pulmonary rehabilitation of chronic lung disease patients

*Include theory and hands on session

