Pulmonary Rehabilitation: An Overview of Its Benefits, Components and Outcomes

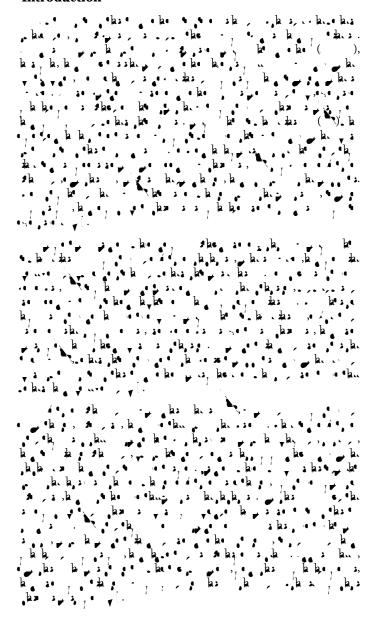
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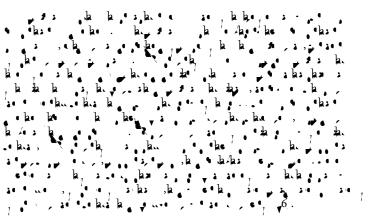
Abstract

Pulmonary rehabilitation (PR) is a multidisciplinary intervention designed to enhance the quality of life and functional capacity of individuals with chronic respiratory diseases such as chronic obstructive pulmonary disease (COPD), asthma, and interstitial lung disease. This article provides an overview of the essential components of PR, which include exercise training, patient education, nutritional support, and psychosocial interventions. Evidence shows that

in managing chronic respiratory conditions. By integrating these elements, pulmonary rehabilitation plays a vital role in improving patient outcomes and should be a standard component of care for individuals with chronic lung diseases.

Introduction





Discussion

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Conclusion

Acknowledgement

Con ict of Interest

References

1. Prognostic