

## ***First Lung School—***

# **For Chronic Pulmonary Diseases**

The first Lung School for patients with chronic obstructive pulmonary diseases (emphysema, bronchitis and asthma) was held at the Alaska Clinic this week.

Sponsoring the program were the Alaska Tuberculosis and Respiratory Disease Association which financed the special instructors and the Alaska Clinic.

Dr. George Stewart, Director of the Pulmonary therapy unit at Anchorage Community Hospital served as the Medical Director.

The purpose of the Lung School is to aid patients with chronic obstructive pulmonary

disease to better manage their breathing and health problems.

A day of classes was held for 12 patients to initiate the program. Patients were instructed in basic concepts of pulmonary disease, inhalant and irritant avoidance, use of oral and inhaled bronchio-dilators, corticosteroids and antibiotics.

The mechanisms and side affects of medication were discussed. Chest physiotherapy, breathing exercises and effective coughing techniques were demonstrated.

Private physicians referred 10 of the patients. Others were

from the Alaska Clinic. The first Lung School was available without charge to patients since the program was jointly sponsored and funded by the TB-RD association and the Clinic.

Future classes will be charged to the patient on the basis of two extended visits.

Physicians and patients may contact the TB Association at 272-2332 or Dr. George Stewart at 272-4551. Patients are accepted for the program only on physician referral.

Mr. Florence Best, Coordinator of a similar school at the Virginia Masoncenter, Seattle, Washington and Miss Jean Unwin, a chest physiotherapist at the Center instructed the patients and staff.