

COMMUNITY RESOURCES

LUNG TRANSPLANT PROGRAM

**COLUMBIA NEW YORK PRESBYTERIAN
MEDICAL CENTER**

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Table of Contents

Welcome And Purpose Of This Booklet.....	3
Confidentiality.....	4
Advanced Directives	5
The Health Care Proxy	5
The Living Will	6
Parking	7
The New York Presbyterian Lung Transplant Support Group	9
Outside Support Groups/Informational Websites.....	10
Fund Raising And Financial Assistance.....	13
Transportation	14
Overnight Accomodations	16
Pharmacy	18
Medicare Part D	19
Prescription Assistance Programs	22
Home Care.....	23
Outpatient Pulmonary Rehabilitation.....	25

WELCOME AND PURPOSE OF THIS BOOKLET

Welcome to the Lung Transplant Program at Columbia Presbyterian Medical Center.

Columbia is a big place (almost like a little city unto itself) and lung transplant is a major commitment. The purpose of this booklet is to provide you with information that will hopefully enable you to navigate through the various stages of lung transplant. Many of you have contributed information, and for that I thank you!

If you have some information that is not in this manual, please let me know so that it can be added and then others can benefit. I hope to make this a work in progress.

If at any time you require further assistance, please feel free to call me. I can be reached at 212-305-6266. My e-mail is phs9009@nyp.org.

I wish you the best of luck. Transplant has its ups and downs. Hopefully, together, we can work to make your experience at Columbia and with transplant as seamless as possible.

Phyllis Sachs, L.C.S.W.

CONFIDENTIALITY

POLICY: It is the policy of New York Presbyterian Hospital to be committed to providing privacy for patients in the hospital, as well as confidentiality of all records and information regarding their care. This is consistent with New York State Department of Health regulation, OMH regulations, JCAHO Standards and HIPPA regulations.

PURPOSE: To set forth the means by which this policy is implemented through the medical center.

APPLICABILITY:

All employees are educated on a regular basis with regard to the importance of maintaining both privacy and confidentiality and are mandated to do so for all patients.

PROCEDURE:

In-service education addresses in detail the Hospital's standards regarding privacy and confidentiality, which includes HIV related information. Employees are required to sign a confidentiality statement at the time of hire, and annually thereafter. All hospital staff is reminded not to discuss patient information in public areas such as elevators and to knock on doors before entering patient rooms.

Hospital policy also requires that confidentiality of medical records be respected, and that disclosure of medical information be made only to the patient or appropriately authorized individuals. Electronic medical records require appropriate safeguards to ensure patient record confidentiality.

Questions regarding patient privacy or confidentiality, including who is authorized to receive patient information should be addressed to Patient Services/Relations or the Hospital's Privacy Officer. Disclosure of HIV-related information is addressed in the Hospital's HIV Testing and Confidentiality Policy and annual education.

RESPONSIBILITY:

Patient's Rights and Organizational Ethics Policy Review Committee
Corporate Compliance Privacy Office

REVIEWED/ REVISED: September 2005

¹ New York Presbyterian Hospital **Site: Behavioral Health Service Line**
Hospital Policy and Procedure Manual Number: Page 1 of 1

ADVANCED DIRECTIVES

It is important to keep in mind that advanced directives are for your benefit. Everyone is an individual, with their own set of beliefs, ethics, and perspectives. The rationale behind preparing an advanced directive document is to ensure that your wishes will be adhered to by your family members and by the medical team. There are several different advanced directive documents:

The Health Care Proxy:

The health care proxy law became effective as of January 18, 1991. The law allows competent adults to appoint an agent to decide about treatment on their behalf in the event that they become unable to decide for themselves.

The person you elect to serve as your health care proxy should be fully aware of your wishes. It is advisable to have a discussion with that person ahead of time regarding what kind of care and treatment you would want and under what circumstances.

Your health care proxy will only be able to make decisions for you when you are not able to make your own decisions. For example, if you are in surgery under anesthesia, or if you are too weak or confused to make decisions or sign consents, the health care team would turn to your proxy to make decisions or sign consents in your behalf.

The Lung Transplant Team encourages all of our patients to complete this document as soon as they start the evaluation process. It is advisable to keep a copy for yourself, and for your proxy, to eliminate any confusion in the event of an emergency. Forms are available in the Transplant Center, and also on the floors of the Milstein Building. You do not need an attorney to complete this document. At the bottom, two people who are *not* named as your proxy are to sign as witnesses.

The Living Will:

A living will is a document in which you can specify ahead of time about the types of treatment you want or don't want, under specific conditions or circumstances.

For example, a person may not want to be fed by a feeding tube or by IV when they are not able to eat by mouth, under certain circumstances. New York State Law requires the health care team to provide patients with a source of nutrition, unless there is clear and convincing evidence that the patient would not want to receive nutrition this way. A living will that documented the person's wishes ahead of time would meet these criteria. Other health care decisions include mechanical ventilation, resuscitation, or any other medical treatment or procedure.

DNR or Do Not Resuscitate Order:

In the hospital, a signed DNR states that you would not wish to receive cardiopulmonary resuscitation in the event that your heart stops. Before such a document is signed, a patient or their health care proxy would have a conversation with the physician. It must be signed by the patient or his health care proxy, and the physician.

Power of Attorney

A person can appoint someone as their power of attorney to handle their financial affairs in the event that he or she is not able to do so themselves. Contact your bank or personal attorney.

PARKING

Parking at Columbia Presbyterian:

Parking at Columbia Presbyterian can be costly, especially for patients who need to make regular visits. To help our transplant patients, letters for reduced parking rates are available at the Transplant Center on PH 14 when you come in for your clinic appointments. You can also call me or send me an e-mail message requesting a letter. Please leave your name, address and phone number and I will mail one out to you.

The reduced parking pass works as follows: You will need to present the letter to the Parking Office, which is located in the parking garage on 115 Fort Washington Avenue (corner of 165th Street). From the Milstein Building, make a right turn and walk one block to the main parking garage. For patients who have difficulty walking that far, their support person can make the arrangements while they wait in the lobby. The parking pass is good for the valet parking as well as for the parking garage.

There is a \$10.00 deposit placed on each parking pass. The deposit will be refunded when the parking pass is surrendered to the Parking Office. In addition to the deposit, you will need to pay \$60.00 up front. Each time you park, the parking pass will be debited \$12.00. (This is a savings compared to the hourly rates.) You can use the pass beginning on the day of purchase. The pass is good for 5 times. After 5 times, you will need to request a new parking letter.

Some insurance policies and also NY Medicaid will reimburse patients for parking expenses. Save your receipts and speak with your insurance company.

Parking Permits for People with Disabilities:

To apply for a disabled parking permit through **New York City**'s office for People with Disabilities, you can go online to:

<http://www.nyc.gov/html/dot/html/permits/permits.html> (New York City Department of Transportation. Click onto permits/franchises). If you do not have access to online, you can request one by writing to:

NYC Department of Transportation
Parking Permits for People with Disabilities
28-11 Queens Plaza North, 8th Floor
Long Island City, NY 11101-4008

If you have questions regarding this application , you may call PPPD at the following telephone numbers for assistance: (718)433-3100 during business hours, Monday - Friday or TTY (212) 504-4115.

This parking permit is **valid** everywhere in **New York State** where there are designated spaces for people with disabilities. It is also valid in other states and in the Canadian provinces when the vehicle is being used to transport the disabled person.

THE NEW YORK PRESBYTERIAN LUNG TRANSPLANT

SUPPORT GROUP

The lung transplantation program offers a two-hour support group on the first Monday, second Tuesday, third Wednesday, and fourth Thursday of each month. Coordinated by the transplant team social worker, it offers invaluable information, guidance and moral support to patients and their families. All transplant candidates are required to attend at least twelve meetings per year. Patients are encouraged to attend more frequently. We have recently expanded the schedule to offer the groups on a weekly basis, so that when you come for an appointment at the Transplant Center, you may also attend a Support Group Meeting on the same day. On Mondays and Tuesdays, they will be held from 4-6 pm, and on Wednesdays and Thursdays, they will be held from 1-3 pm. We hope that this will make it more convenient for our patients.

The meeting is divided into two sessions. The first focuses on education and has one of the team members (e.g. physicians, nurse coordinators, physical therapists, or social worker) as a speaker. It provides information on organ rejection and infections, medications, exercise, nutrition, the transplant experience, the caregiver's experience, on the surgery itself, and post-operative testing. Research has shown that patients who are prepared and well informed usually do better after transplant.

The second hour is a support session during which the patients share their experiences and concerns. Post-surgical patients are encouraged to participate, not only because the sessions continue to be helpful but also because they themselves can offer their own unique perspective about the surgery to candidates waiting for a donor organ.

Current schedules are available in the Transplant Center at the receptionist's desk. You can also contact me to mail one out to you, either via e-mail or snail mail.

OUTSIDE SUPPORT GROUPS/INFORMATIONAL WEBSITES

Transplant Support Groups throughout the USA

Information about is available through the Bio Scrip Transplant Support Group Directory. © 2006 Bio Scrip, Inc. All Rights Reserved.
Please contact Bio Scrip at 1-800-888-5753.

There is also an informational website/chat room for pre and post lung transplant patients and their families. (not endorsed by Columbia, but available nevertheless) called www.2ndwind.org

Lung Support Groups/Organizations

Asthma/Emphysema Self-Help Group for Adults in NYC
Call John Leaman
212-777-0486

American Lung Association: 800-586-4872

Pulmonary Fibrosis:

For patients with pulmonary fibrosis, there is the Coalition for Pulmonary Fibrosis. They offer “education, support and hope.”

Please contact them at:

Coalition for Pulmonary Fibrosis
Suite F. #227
1659 Branham Lane
San Jose, CA 95118-6226
www.coalitionforpf.org
888-222-8541

Cystic Fibrosis

The Cystic Fibrosis Foundation has a new Web site:

www.cff.org. E-mail: info@cff.org

Or contact:

Robert J. Beall, Ph.D.

President and CEO

Cystic Fibrosis Foundation

6931 Arlington Road

Bethesda, MD 20814

800-FIGHT-CF

Local Chapters

Greater New York Chapter—Westchester: 914-993-1460

Greater New York Chapter—Long Island: 516-827-1290

Greater New York Chapter—Manhattan: 212-986-8783

Northeastern New York Chapter: 518-783-7361

New York State's Adult Cystic Fibrosis Assistance Program (ACFAP) provides reimbursement for cystic fibrosis-related medical care, and/or insurance premiums for cystic fibrosis individuals aged 21 years of age or older.

To be eligible for the program, an individual must:

1. Be at least 21 years of age; Individuals can apply for assistance 90 days before their 21st birthday, or any time after that date.
2. Have a cystic fibrosis diagnosis; Verified by a physician.
3. Be ineligible for Medicaid;
4. Have been a resident of New York State for a minimum of twelve continuous months immediately prior to enrollment in the program; and .. Individuals who have maintained or are maintaining a residence in New York State while enrolled in college courses in another state are considered residents of New York State for purposes of this program. They must provide verification of current college enrollment and residency.
5. Maintain health insurance. .. Individuals without insurance coverage may be admitted to the program but must obtain new coverage within 90 days of enrollment to remain in the program.

For more information or to request an application, call: the program at
(518) 474-1222,

or write to them at:

Adult Cystic Fibrosis Assistance Program

New York State Department of Health

Riverview Center, 3RD Floor West

150 Broadway

Menands, NY 12204

Specialized Pharmacy: CF Services is a wholly owned subsidiary of the Cystic Fibrosis Foundation as a specialty pharmacy in response to CF patients' needs for quality pharmacy services. Today, its highly trained staff also provides personalized service, patient advocacy, patient education, and reimbursement support to the CF population.

Scholarships:

Patients with Cystic Fibrosis can also apply to the Boomer Esiason Foundation for college scholarships.

Write to:

Boomer Esiason Foundation

Scholarship Program

417 Fifth Avenue, 2nd Floor

New York, New York 10016

FUND RAISING AND FINANCIAL ASSISTANCE

The National Transplant Assistance Fund (NAFT) is a nonprofit organization that helps patients to initiate and sustain a successful fundraising campaign for uninsured transplant-related expenses.

Their website is: www.transplantfund.org.

Or you can contact NTAF Patient Service Coordinator, Joni Henderson:

Phone: 800-642-8399

E-mail: jhenderson@transplantfund.org

The Children's Organ Transplant Association (COTA) is a national 501 ©3 charity focused on providing funds to solid organ, bone marrow, cord blood and stem cell transplant-needy children and young adults who do not have the financial resources to pay for their transplant-related expenses. Services are free of charge. COTA can work with patients over age 21 that need a life-saving transplant due to a genetic disease, such as Cystic Fibrosis.

Their website is: www.cota.org

Phone: 800-366-2682

TRANSPORTATION

IN NEW YORK CITY

Access-A-Ride (AAR) provides transportation for people with disabilities who are unable to use public bus or subway service for some or all of their trips. It offers shared ride, door-to-door paratransit service. MTA New York City Transit administers AAR; private carriers under contract to NYC Transit provide service.

How to Apply The [Access-A-Ride application](#) is available on-line in pdf format or, call 877-337-2017,* 718-393-4999, TTY 718-393-4259 or TTY Relay 800-662-1220 and when you hear the recorded message press "1" for English or "2" for Spanish. Then press "1" to be connected to the Customer Information Line. Between 9 am and 5 pm, Monday through Friday, representatives are available to answer your questions about AAR and can send you an application.

*Call this number toll-free for area codes 212, 718, 347, 516, 631, 646, 914, and 845.

Once NYC Transit receives your completed application, it will be reviewed to see if your case requires an interview by a certifier. The certifier asks questions about your daily travel activities and may have you demonstrate your ability to walk, climb stairs or use a lift to board a bus. A decision will be made about your eligibility within 21 days after you finish the application process. If you are denied eligibility or given conditional eligibility, you have a right to appeal the decision within 60 days of notification. Appeal instructions and an appeal form are included with the notification letter.

Fare

The one-way fare for each registered passenger and each guest is the same as the full fare on mass transit. Please pay the driver the exact amount at the time of your ride. AAR drivers do not provide change. AAR fares are

collected prior to the vehicle's departure. AAR drivers are not required to transport any persons who do not pay the fare. Round-trip fares are not accepted. AAR TransitChek coupons are accepted as fare payment. Each coupon is good for one trip.

AAR customers ride reduced fare on NYC Transit local and express buses & subways and MTA Bus local and express buses.

Personal Care Attendants (PCAs) ride free when accompanying AAR customers whose IDs indicate they travel with a PCA.

FROM A DISTANCE

By helicopter: Arrangements can be made through the North County Air Medical Rescue. They are connected to the New York State Police Benevolent Association. Contact Mary Jane Conners: 518-891-6853, ext 13

Angel Flight Northeast: www.angelflight.org 800-549-9980
 Angel Flight was formed to ensure that no financially needy patient is denied access to distant medical care including specialized evaluation, diagnosis, treatment, or rehabilitation for lack of means of long-distance medical air transportation. It is available to patients and their families who are unable to use public transportation because of their medical condition, or to patients who live in remote areas where public transportation is not available. Angel Flight provides “flights of hope and healing by transporting patients and their families in private planes, free of charge.”

By Air Ambulance: Federal Air Ambulance
 Call 1-800-821-0541

Please bear in mind that New York Presbyterian Hospital does not have a helicopter pad or an airport within its immediate vicinity. It will be necessary to also make arrangements for ground transport from the helipad or the airport. Some of our patients have landed at Teterboro Airport. Others have arranged for ground ambulance escort from the helipad on lower Manhattan.

OVERNIGHT ACCOMODATIONS

Re: overnight accommodations, try www.miraclehouse.org. I believe they will only accept a referral from a social worker, but you can certainly get some info by logging onto their website.

Procedures for Transplant Rooms at the Crowne Plaza Hotel

As you are aware, in order to help our patients and families secure affordable housing, the Transplant Department has kindly established a special arrangement with the Crowne Plaza Hotel in Englewood, New Jersey. (Please note that the hotel is no longer run by the Radisson Corporation; it is still the same hotel.)

Nightly rates at the Crowne Plaza run upwards of \$199; however, the rate negotiated with New York Presbyterian is \$119 per night* for patients and families. **The Transplant Department is fortunate to have four rooms available to us at a special rate of \$50 per night.** There is also a van available to transport patients to the hospital. Consequently, we have set parameters to manage the rooms as fairly as possible.

For patients who are hospitalized:

The Transplant rooms are only available to:

- 1) Those in an acute crisis situation (an emergent admission) and only until the crisis is stabilized.
- 2) Those who live farther than 120 miles from the hospital.
- 3) Those who, upon speaking with the social worker, have been assessed and are in true financial need of a reduced rate room.
- 4) Only the legal next of kin of the patient in the hospital, and only one room per patient family.

For Patients who have outpatient appointments:

The Transplant rooms are only available to:

- 1) Reservations will be taken only **one week** prior to that appointment.
- 2) These rooms are available to those living more than 120 miles from the hospital.

To reserve a transplant room, **please call Ms. Velita Jackson of the social work department at (212) 305-2641**. You no longer have to call your social worker for a transplant room reservation. If there are no transplant rooms available, **please call the Crowne Plaza Reservation Desk at (201) 871-2020 to reserve a room at the \$199 NYPH rate**.

Please remember, you are responsible for keeping track of the number of days you have occupied the room. If you wish to pay in advance of receiving your bill, make your check for \$50 per night payable to **The Department of Surgery**. You may drop your checks off in the Main Social Work office, located on the second floor of the Harkness Pavilion. Please attention the envelope of your check to Velita Jackson. If you do not wish to pay in advance, you may wait to receive a bill from the Department of Surgery.

Please note that the Crowne Plaza will not have your reservation in its computer system, as confirmation of your reservation from Velita will suffice. Transplant rooms are listed under the patient's last name, not the last name of the guest. We are pleased that the number of individuals transplanted is increasing each year; however, this translates into more patients vying for only four rooms. Thus, the transplant rooms are not available to patients on other services in the hospital, as the Transplant Department has furnished you with an added convenience. The transplant room is not an entitlement, but an added benefit for you.

PHARMACY

After transplant, your insurance company will let us know which pharmacy is authorized through their network.

Sometimes, mail order pharmacies can take 2-3 weeks to deliver the first order. To expedite your discharge, we will arrange for the first month of medication through a local transplant (specialty) pharmacy. We will consult with you prior to ordering your first month's supply about any co-pays or out of pocket expenses.

Prescriptions will be given to you for submission to your mail order pharmacy. Please keep these prescriptions save until you send them into your mail order company.

We also recommend that you keep us updated on the name of your local pharmacy, in the event that a prescription needs to be ordered on an outpatient, emergency basis.

MEDICARE PART D

What is Medicare Prescription Drug Coverage (Part D)?

Medicare prescription drug coverage is insurance that covers both brand-name and generic prescription drugs at participating pharmacies in your area. Like other insurance policies; if you join you will pay a monthly premium, which varies by plan, and a yearly deductible (no more than \$250 in 2006). You will also pay a part of the cost of your prescriptions, either a co-payment or coinsurance. Costs will vary depending on which drug plan you choose. Some plans may offer more coverage and additional drugs for a higher monthly premium. If you have limited income and resources, and you qualify for extra help, you may not have to pay a premium or deductible. You can apply or get more information about the extra help by calling Social Security at 1-800-772-1213 (TTY 1-800-325-0778) or visiting www.socialsecurity.gov.

Enroll Now to Avoid Penalties

To avoid penalties, you must sign up for a plan by May 15, 2006. After May 15, you will be charged an additional 1% for every month you delayed enrollment. This 1% penalty will be added to your monthly premium. Members have the option of switching Part D plans during open enrollment. Open enrollment runs from November 15 to December 31 each year. Dual Eligible (people with Medicare and Medicaid) can switch plans at any time.

Dual Eligible Patients (people with Medicare and Medicaid)

All dual eligible patients have been automatically enrolled in a Medicare Part D Prescription Drug Plan. From now on, Medicare Part D will cover your medications (Medicaid will continue to cover over-the-counter (OTC) medications such as aspirin and vitamins). Please note that dual eligible patients are responsible for monthly copays. Depending on income, copays vary from \$1 to \$5 per medications.

Will Medicare Part D cover Immunosuppressants?

- If Medicare authorized and paid for your transplant, then immunosuppressants are covered at 80% through Medicare Part B. Supplemental insurance coverage (private insurance/Medigap/HMO) will pay the remaining 20%. Medicare Part D will not cover immunosuppressants. Medicare Part D will cover the remaining medications.
- If you received your transplant BEFORE becoming Medicare eligible, Medicare Part D will cover immunosuppressant when you become eligible (turn 65 or after 2 years on Social Security Disability (SSD) – which ever comes first).

Pick a Plan

There are several ways to begin researching Medicare Prescription Drug Plans. Each of following 3 options use the Medicare Prescription Drug Plan Finder search engine found at www.medicare.gov. If you are not computer savvy, enlist family (children and grandchildren are great resources!) and/or friends to assist. First things first, obtain a list of medications with dosages and quantity from your pharmacy; then:

1. Call Medicare: 1-800-MEDICARE
 - The Medicare hotline will assist you in picking a plan based on your geographic location and medications needed. The hotline utilizes the Medicare search engine.
2. LINCS (Linking Individuals in Need with Care and Services) 1-888-795-4627
 - Offers free counseling/assistance for persons searching for a prescription drug plan
 - LINCS is a service provided by the Medicare Rights Center in collaboration with AARP
3. Use the Medicare website to research various plan options:
 - Go to www.medicare.gov
 - Follow the link to “Compare Medicare Prescription Drug Plans”
 - DO NOT ENROLL IN PART D PLANS ONLINE. Call the individual plans to confirm medication coverage. ENROLL OVER THE PHONE.

Things to Keep in Mind

- **Coverage:** If you have drug coverage now, does it cover at least as much as the plan covers? Your current plan can tell you if it does. How complete is the plan's formulary? (The "formulary" is the list of certain kinds of drugs that the plan will cover subject to limits and conditions.)
Are the drugs that you take in the plan's formulary?
- **Cost:** What is the monthly premium? What is the yearly deductible?
Do you pay a co-payment (a set amount like \$10 for a generic drug) or a coinsurance (a percentage of the drug's cost like 10% of the cost of a generic drug)? Which do you prefer? Does the plan use tiered cost sharing (Different co-pays for generics, brands, or for specific drugs) How many tiers are there?
What is the difference in price between tiers?

Alert your Pharmacist

Alert your local and/or mail order pharmacy of any changes to your prescription drug coverage. The pharmacist will verify your new plan and confirm that your medications are covered.

PRESCRIPTION ASSISTANCE PROGRAMS

Occasionally patients find themselves in need of a prescription that is not covered by their insurance. Some of these medications can be quite costly. If you are unable to afford the medication, you can seek help from the patient assistance drug programs. (I must emphasize that this is not to be relied upon for *all* of your medications. Every patient needs to have adequate prescription coverage when they are seeking transplant listing.) But if there is a special circumstance, you can look online at the websites:
www.needyrugs.com
www.pparx.org/Into.php
www.needymeds.com

Each pharmaceutical company has its own criteria. Most require that you provide verification of your income. The doctor and the social worker usually need to complete a portion of the documentation. Once you have the application, feel free to contact me to assist you.

www.rxhope.com

RXHope.com does not approve or deny requests for medications but is the web enabler of labor-intensive paperwork onto the physician's office computer. Patient assistance request forms have been custom-tailored to the manufacturer's guidelines and are electronically sent to the pharmaceutical company for processing. Program benefits include faster processing, less time resources required, and financial savings (there is no cost to patient, physician or patient advocate.) RxHope.com also offers an Assistance Finder, which matches patient information against other federal, state, and charitable prescription drug programs. Physicians must visit the website to complete the requisition forms.

EPIC

New York State sponsors a prescription plan for seniors, 65 years and older who have an income of \$35,000. or less if single, or \$50,000. if married. There is a Fee Plan and a Deductible Pan based upon income. Co pays range from \$3. to \$20., based on prescription cost.

A PDF application can be downloaded at:

www.healthstate.ny.us/nysdoh/epic

Or call 800-332-2742 Monday through Friday, 8:30 am-5:00pm.

HOME CARE

Most of our patients will need a referral to home care at one time or another. Usually it will be for home infusion therapy, for antibiotic or anti-rejection intravenous medications. Other times, it may be for a visiting nurse or a home physical therapy assessment. The social worker will coordinate these services with the transplant team and with your insurance company. If at any time you have a preference, or you have used a company that you liked (or did not like) in the past, please be sure to let the social worker know.

The following companies offer home infusion:

Advanced Care: 800-346-6348

American Outcomes Management: 800-746-9089

Apria: 800-277-4288 (Locater #--enter zip code to obtain regional branch)

Collins 203-383-7788

Coram: 800-522-0556

Gentiva: 203-452-2225

Option Care: 315 785-5436

Lynn Care: 800-670-6127

Mid Atlantic: 973-882-5008

New Age H.C: 800-382-0618

Prompt Care: 866-776-6782

Referrals to visiting nurse agencies will be based upon your location and your insurance company. Please remember to update the team with any changes in your demographic information. It is also important that you inform the social worker if you are not planning to return to your primary residence upon discharge from the hospital.

Medical Alert Systems

MedicAlert : www.medicalert.org
Provides a 34-hour response center which stores patient information needed in emergency situations. “Free” sponsored memberships available to those in need who cannot afford the \$35.00 activation fee. Call: 800-228-6222

Lifeline: www.lifelinesys.com

Medical Alarm www.medicalalarm.com

LifeGuardian www.lifeguardianmedicalalertsyste.ms.com

OUTPATIENT PULMONARY REHABILITATION

Once you complete your initial lung transplant evaluation, the team most likely will recommend that you begin a formal pulmonary rehabilitation program. Pulmonary rehabilitation monitors a patient's oxygen saturation levels and provides them with an adequate oxygen supply during exercise. The goal is to build up your strength so that when you undergo transplant, you will be able to recuperate and get back on your feet. The sooner you can get your new lungs out of bed, the better you will do overall! Your doctor will provide you with a prescription. There are many centers, here are just a few:

Columbia New York Presbyterian <http://cpmcnet.columbia.edu>
Contact: Kim: 212-305-0890

Hackensack Pulmonary Rehabilitation: www.humc.com/pulmonaryrehab
201-996-3856, Monday through Friday.

Nassau University Medical Center: <http://www.numc.edu>
(516) 572 0123

Good Samaritan Pulmonary Rehab: <http://goodsamaritan.chsli.org>
(631)376-4108

Helen Hayes Pulmonary Rehab: www.helenhayeshospital.org
845 786-4254 or 1-888-70-REHAB, ext. 4254