

Respiratory recovery
demands more than time,
IT DEMANDS
THE RIGHT TEAM.

Our Pulmonary Program delivers expert
respiratory care designed to stabilize your
condition, rebuild your capacity, and
HELP YOU BREATHE – AND LIVE – BETTER.

**Pulmonologist
Access**

Board-certified
pulmonologists round
at each facility, actively
directing care plans.

**Onsite Respiratory
Therapists**

Dedicated respiratory
therapists are present at
every location, delivering
hands-on treatment.

READY TO GET STARTED?

Ask your hospital discharge
planner about
VIVID Recovery™
or call any Vierra location directly.



5215 W Cedar Lane
Bethesda, MD 20814
(301) 897-5500
carriagehillbethesda.com



3320 Benson Avenue
Baltimore, MD 21227
(667) 600-2600
stelizabethnursing.com



2100 Powhatan Street
Falls Church, VA 22043
(703) 538-2400
vierrafallschurch.com



1785 S. Hayes Street
Arlington, VA 22202
(703) 920-5700
admiralrehab.com



9101 Second Avenue
Silver Spring, MD 20910
(301) 588-5544
woodsidenursing.com

CLEAR CARE. STRONGER OUTCOMES.



Your Path to
**BETTER
BREATHING**



vierracommunities.com



Conditions We Manage

COPD & Emphysema

Pneumonia

Asthma

Interstitial Lung Disease

Pulmonary Fibrosis

Sleep Apnea

Other Respiratory Challenges

“Pulmonary patients need more than a bed & a breathing treatment. They need a coordinated team that understands respiratory disease - and actively manages it every day of their stay.”

- James Heath, Vierra Respiratory Therapist



The VIVID Recovery Difference

Integrated Care Team Approach

To ensure personalized care and promote optimal respiratory health, your care team includes nurses, respiratory therapist, PT/OT & speech therapists, attending physician, chronic disease management and consulting pulmonologist.

Advanced Respiratory Therapies

High Flow O₂, CPAP, BiPAP, Non-Invasive Trilogy, Airvo, Chest Vest (CPT), Cough Assist, and Nebulizer Therapy — titrated to your diagnosis and monitored with regular vital signs assessments.

Tracheostomy Care & Management

Comprehensive trach care including suctioning, stoma maintenance, and progressive trials toward speaking valve use and decannulation when clinically appropriate.

In-House Sleep Studies

On-site diagnostic sleep studies for convenient evaluation and management of sleep-disordered breathing — no outside referral or transfer required.

Pulmonary Rehabilitation

Individualized exercise progressions and breathing retraining supervised by your care team — every session calibrated to your current respiratory capacity and clinical status.

Self-Management Education

We equip patients and families with the knowledge to manage respiratory conditions at home — including symptom recognition, inhaler techniques, oxygen use, and action plans for exacerbations.



Ventilator Care & Weaning
Available only at **Admiral Health & Rehab** which features a 60-bed Vent Unit

Your Recovery JOURNEY

Stabilization & Assessment

Pulmonologist evaluation upon admission. Comprehensive respiratory assessment, medication review, and a personalized care plan established on day one.

Active Respiratory Management

Targeted respiratory therapy sessions, advanced equipment titration, and regular vital signs monitoring — adapted continuously to your clinical response and progress.

Functional Capacity Building

As your respiratory function improves, pulmonary rehab exercises and physical therapy are progressively advanced — rebuilding endurance, strength, and daily function.

Discharge & Transition Planning

Full continuity package: follow-up scheduling, home oxygen and DME coordination, medication management, and self-management education for patient and family

Luxurious, Healing Environment

With many private rooms, concierge-style service, and thoughtfully designed amenities that are the hallmark of Vierra Communities, we believe the right setting is an integral part of your recovery.

