



Capital Health

Cardiovascular & Pulmonary Health in Motion

Pulmonary Rehabilitation Referral

Halifax Infirmary, Room 4458, 1796 Summer Street, Halifax, Nova Scotia, B3H 3A7

FAX referrals to Dr. Paul Hernandez or Dr. Colm McParland at FAX # 473-6202

Patient _____ DOB (YYYY/MM/DD) _____ Health # _____

Address _____ Telephone (H) _____
 _____ (W) _____

Referral to Pulmonary Rehabilitation Program

- Pulmonary diagnosis:
- COPD
 - Asthma
 - Lung Ca
 - Interstitial lung disease
 - Lung transplant/volume reduction
 - Other (specify) _____
 - Cystic fibrosis
 - Sleep apnea

Most recent acute respiratory event / hospital admission with date _____

Cardiac history _____

PMH _____

Special considerations _____

Is patient on home oxygen? Yes No

REFERRING PHYSICIAN (please print) _____

Signature _____ Date _____

Address _____

_____ Telephone _____

- Please specify:
- Respiriologist
 - Internist
 - Family Physician
 - Other _____

Referral initiated by (please print) _____

Signature _____ Date _____

Location _____

Office Use:

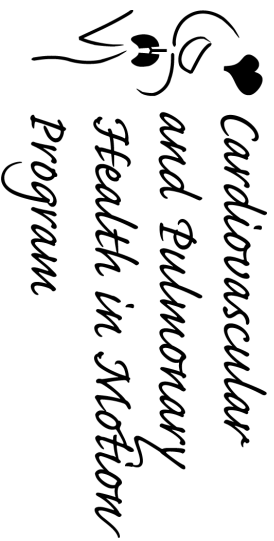
Date Received _____ Intake Date _____

Enrolled: Yes No

Comments _____



For more information contact: Mumford Professional Centre
 6960 Mumford Road, Suite 2057, Halifax NS B3L 4P1
 Phone: 473-3846 Fax: 473-7855



Pulmonary Rehabilitation

What is Pulmonary Rehabilitation?

The **pulmonary rehabilitation program** is a three-month program that combines exercise, education, nutrition, and additional support to improve your overall health. The program is provided by a health care team that includes: physicians, nurses, physiotherapists, and dietitians. Referral to other health professionals is on an as needed basis.

Exercise

Supervised exercise classes are one hour long two times per week. A specific exercise program will be developed for you based on your exercise stress test, medical history, and personal goals. During the exercise classes, you may use treadmills, arm cycles, leg cycles and strength training. Every class consists of a group warm-up and cool-down.

Who can join?

You may be suitable for a pulmonary rehabilitation program if you have any of the following medical problems that affect your quality of life:

- COPD - Emphysema, Chronic Bronchitis
- Asthma
- Interstitial Lung Disease
- Cystic Fibrosis
- Lung Reduction Surgery/Transplantation
- Lung Cancer
- Sleep apnea

Education

Education about your condition will help you and your family deal with your lung disease. The education sessions will teach you about:

- Caring for your lungs/exercising at home
- Medications and use of your inhalers
- How your lungs work
- Nutrition
- Home oxygen
- Developing a plan of action
- Coping with lung disease

What are the benefits of Pulmonary Rehab?

Pulmonary rehabilitation may help to:

- Decrease shortness of breath
- Improve walking ability
- Improve fitness level
- Improve muscle strength
- Improve flexibility
- Improve quality of life
- Improve your overall energy level
- Control/lower your cholesterol level
- Control/decrease your weight
- Strengthen your bones
- Control/lower elevated blood pressure

How Do I Get Started?

Have your doctor complete the referral form and fax it to Dr. Paul Hernandez or Dr. Colm McParland at 473-6202. You will be contacted by a member of the Pulmonary Rehabilitation Program Team with an appointment time. Funding for the program is covered by MSI.



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If you would like more information about the Cardiovascular & Pulmonary Health in Motion Program, please call us at 473-3846.