

2019

Pulmonary Rehabilitation Program

Physician Information

Respiratory Services
Cobequid Community
Health Centre

Phone: 902-869-6140

Fax: 902-865-6073



www.nshealth.ca


Who is this program for?

- This program is for individuals diagnosed with chronic lung disease, particularly COPD (emphysema and/or chronic bronchitis), but also moderate to severe asthma and pulmonary fibrosis.
- This includes individuals with persistent symptoms (despite optimal pharmacotherapy) such as dyspnea/fatigue and chronic respiratory symptoms that:
 - › make it harder to do their job
 - › affect their health-related quality of life
 - › affect their ability to do usual daily activities

It also includes individuals who have difficulty adhering to their prescribed medical regime or psychosocial issues related to their underlying disease.

Pulmonary Rehabilitation Program

This program is part of standard care for individuals living with COPD.



The primary goal is to restore or maintain an optimal level of physiological, psychological, social, occupational, and emotional well-being for the individual.

Benefits to individual

- › decreased symptoms, especially dyspnea
- › increased exercise tolerance/functional capacity
- › increased independence in daily activities
- › decreased use of medical resources
- › reduced disability associated with COPD
- › improved quality of life


Program duration

The program is 12 weeks long and has 2 sessions per week:

- 1 exercise session (1.5 hours)
- 1 education and exercise session (2.5 hours)

Program components

The Pulmonary Rehabilitation Program includes:

- Extensive multi-disciplinary assessment.
 - Group education (based on the “Living Well with COPD™” program).
 - Group exercise training plus individualized home exercise programs.
 - Psychosocial intervention.
 - Promotion of long-term adherence.
 - Prevention strategies.
 - Outcome assessment.
 - Self-management education, including the use of a written action plan and proper inhaler technique.
- 

Referrals

Physicians may refer individuals using the Pulmonary Rehabilitation Program Referral Form. Please visit:

- › www.nshealth.ca/content/pulmonary-rehabilitation-program

Physician responsibilities

The physician is responsible for:

- Initial referral to the program using the Pulmonary Rehabilitation Program Referral Form.
- Ongoing medical management of the individual.
- Collaborating with the Certified Respiratory Educator to develop a COPD written action plan. This may include antibiotic and prednisone prescriptions for self-management of COPD exacerbations.

Pulmonary Rehabilitation Program Coordinator

Tracy Cushing RRT, CRE, CTE
Certified Respiratory Educator
tracy.cushing@nshealth.ca
Phone: 902-869-6140
Fax: 902-865-6073

Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

www.nshealth.ca

*Prepared by: Respiratory Services,
Cobequid Community Health Centre
Designed by: NSHA Library Services*

The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

CB85-1452 © January 2019 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.