Pulmonary Rehabilitation Program

Physician Information

Respiratory Services
Cobequid Community Health Centre
Phone: 902-869-6140
Fax: 902-865-6073
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.