

2019

Pulmonary Rehabilitation Program

Patient 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 people who have been told by their family health care provider that they have COPD (emphysema and/or chronic bronchitis), pulmonary fibrosis, and/or asthma.

This program may be for you if you have:

- Shortness of breath, tightness in the chest, wheezing, a stubborn cough, and thick mucus.
- Shortness of breath and tiredness that cause problems at work.
- Shortness of breath and tiredness that prevent you from doing normal things, such as taking a shower or vacuuming.
- Shortness of breath that makes it hard to walk or exercise.
- Questions about your breathing medications or inhalers and how to use them.
- Feelings of stress or anxiety about your breathing.

What is pulmonary rehabilitation?

Pulmonary rehabilitation is a 3-month program provided by a health care team. The program combines exercise, education, and support to improve your overall health and well-being.

What are the purpose and benefits of this program?

The Pulmonary Rehabilitation Program will help you to:

- Feel better and lessen your symptoms of shortness of breath and tiredness.
- Improve your muscle strength and flexibility.
- Do normal activities, such as taking a shower and cooking.
- Improve your ability to walk and exercise.
- Learn how to manage your symptoms and prevent unplanned doctor and hospital visits.

What is involved?

Assessment


You will have a 2-hour visit with a respiratory therapist and a physiotherapist, and an exercise stress test.

Exercise

You will attend supervised 1 ½ hour classes 2 times per week. An exercise program will be developed for you based on your stress test, medical history, and goals. Every class consists of a group warm-up, exercise, and cool-down.

Education

You will get information about your condition to help you and your family manage your disease. See the education session topics on the back of this page.



Education sessions include:

- › exercising at home
- › medications and how to take them
- › lung structure and function
- › good food choices
- › coping with stress
- › how to use oxygen at home
- › personal directives (living wills)

How do I get started?

- Ask your family health care provider to fill in the referral form and mail or fax it to Respiratory Services (see back page). We will call you with an appointment time.
- If you would like more information about the Pulmonary Rehabilitation Program, please call the Program Coordinator (see back page).

Pulmonary Rehabilitation Program Coordinator

Tracy Cushing RRT, CRE, CTE

Respiratory Educator

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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>

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*Prepared by: Respiratory Services,
Cobequid Community Health Centre*

Designed by: NSHA Library Services

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CB85-1453 © January 2019 Nova Scotia Health Authority

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