Patient & Family Guide

Pulmonary Rehabilitation Program

www.nshealth.ca
Pulmonary Rehabilitation Program

What is pulmonary rehabilitation (PR)?
Pulmonary rehabilitation (PR) combines exercise, education, and support to help you improve your overall health and well-being. PR is provided by a health care team and covered by MSI. Programs run for up to 3 months with sessions twice a week. Each session is typically 1-2 hours long.

Who is this program for?
The PR Program may be right for you if you have a chronic lung disease, such as COPD or lung fibrosis. If symptoms such as shortness of breath or decreased strength make it harder for you to do daily activities, the PR Program may help.

What are your questions? Please ask. We are here to help you.
In Nova Scotia you can call 811 to talk with a registered nurse about your health care questions 24/7.
You may be a fit for PR if you:
- Have common signs and symptoms of chronic lung disease.
- Have shortness of breath, a stubborn cough, thick mucus and/or wheezing.
- Have shortness of breath that prevents you from doing daily activities, such as taking a shower or cooking.
- Have shortness of breath and fatigue (tiredness) that causes problems at work.
- Have to stop and rest after walking for a few minutes.
- Have feelings of stress or anxiety about your breathing.

What are the benefits of PR?
PR may help you to:
- Reduce your symptoms of shortness of breath and feeling tired.
- Do daily activities more easily, such as taking a shower or cooking.
- Improve your muscle strength and flexibility.
- Improve your ability to walk and exercise.
• Be more physically active with less shortness of breath.
• Feel better and enjoy life more.
• Manage your weight.
• Learn how to manage your symptoms and avoid unplanned hospital visits.

What does the Program involve?

Assessment
You will have at least one visit with members of the PR team near where you live. This will include an assessment of your current health, medications, and physical abilities. You will also have some tests, such as an exercise stress test, before or during your assessment.

Exercise
You will go to supervised exercise classes 2 times per week. Each class lasts about 1 hour. An exercise program will be developed for you based on your stress test, medical history, and goals. Classes include a group warm-up, exercise in individual and group sessions, and a group cool-down.
Education

Information about your condition will help you and your family manage your lung disease. The education sessions are about 1 hour long. Sessions will teach you about:

› exercise at home  
› inhaled medications and how to use them  
› how lungs work  
› healthy food choices  
› home oxygen  
› advanced care planning  
› action plans to help manage flare ups of your lung disease symptoms  
› coping with chronic lung disease/stress management  
› triggers and avoidance strategies  
› breathing/coughing techniques

How do I get started?

Talk to your family doctor or a member of your health care team about being referred to your local PR Program.

If you would like more info about the PR Program, please call the program nearest you. See the next page for contact information.
Mumford Professional Centre
6960 Mumford Road, Corridor 2, Suite 2057, Halifax, NS
Phone: 902-473-3846
Fax: 902-473-6202

Cobequid Community Health Centre
40 Freer Lane
Lower Sackville, NS
Phone: 902-869-6140
Fax: 902-865-6073

Cape Breton Heart and Lung Wellness Centre
200 Churchill Drive, Suite 101
Membertou, NS
Phone: 902-563-8566
Fax: 902-563-8572

Colchester East Hants Health Centre
600 Abenaki Road
Truro, NS
Phone: 902-893-5520
Fax: 902-895-3572

Valley Regional Hospital
Asthma and COPD Care Centre
150 Exhibition Street
Kentville, NS
Phone: 902-679-1831
Fax: 902-690-2761
Looking for more health information?
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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!
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The information is not intended to be and does not constitute health care or medical advice.
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