



Patient & Family Guide
2021

Pulmonary Rehabilitation Program



www.nshealth.ca

Pulmonary Rehabilitation Program

What is pulmonary rehabilitation (PR)?

- Pulmonary (lung) rehabilitation (PR) combines exercise, education, and support to help you improve your overall health and well-being.
- PR is provided by a team of health care professionals. The team may include a nurse, social worker, physiotherapist or respiratory therapist, and a dietitian.
- Programs run for up to 3 months with sessions 1 to 2 times a week. Each session is usually 1 to 2 hours long. The cost of the program is covered by provincial health care (MSI).

Who is this program for?

- The PR Program may be right for you if you have a chronic (ongoing) lung disease (like COPD, lung fibrosis, or lung transplant). The PR Program may help with symptoms like shortness of breath or loss of strength that make it harder for you to do daily activities.

- The PR Program may be right for you if you have:
 - › Common symptoms of chronic lung disease
 - › Shortness of breath, a cough that does not go away, thick mucus, and/or wheezing
 - › Shortness of breath that prevents you from doing daily activities (like taking a shower or cooking)
 - › Shortness of breath and fatigue (tiredness) that causes problems for you throughout the day
 - › A need to stop and rest after walking for a few minutes
 - › Feelings of stress or anxiety about your breathing

What are the benefits of PR?

- PR may help you to:
 - › lower your symptoms of shortness of breath and fatigue.
 - › do daily activities more easily.
 - › 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.
- › work on healthy eating goals. You may meet with a dietitian to assess your nutrition needs.
- › learn how to manage your symptoms and avoid unplanned hospital visits.

What does the PR Program involve?

Assessment

- You will have at least 1 (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 tests (like an exercise stress test or a shuttle walk test) before or during your assessment. We will talk about these tests with you before you are tested.

Exercise

- An exercise program will be developed for you based on your exercise test, medical history, and goals.
- You will go to supervised exercise classes 1 to 2 times a week. Each class lasts about 1 hour. Classes include a group warm-up, customized arm and leg resistance (strength) training, individual and group aerobic exercises, and a group cool-down.

Education

- Learning about your condition will help you and your family manage your lung disease.
- Education sessions last about 1 hour. Sessions will cover topics including:
 - › Exercise at home
 - › Inhaled (breathed in) medications and how to use them
 - › How lungs work
 - › Healthy eating, and how what you eat can affect your breathing
 - › Home oxygen
 - › Conversations about serious illness, including advance care planning
 - › Action plans to help manage symptom flare-ups
 - › Coping with chronic lung disease/stress management
 - › Triggers and ways to avoid them
 - › Energy conservation strategies (ways to save your energy)
 - › Deep breathing/coughing techniques

How do I get started?

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

**For more information about the PR Program,
call the location nearest you.**

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

