

# Pulmonary Rehabilitation Program

**Notes:**

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

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# Pulmonary Rehabilitation Program

## What is pulmonary rehabilitation (PR)?

- Pulmonary (lung) rehabilitation combines exercise, education, and support to help your overall health and well-being.
- PR is offered by a team of health care providers. The team may include:
  - › Nurse
  - › Physiotherapist (PT)
  - › Respiratory therapist (RT)
  - › Dietitian
  - › Social worker
- Programs run for up to 3 months. There are 1 to 2 sessions 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 the PR program for?

- The PR Program is for people who:
  - › Have a chronic (ongoing) lung disease (like COPD, lung fibrosis)
  - › Are waiting for a lung transplant
  - › Have had a lung transplant

**Cobequid Community Health Centre**  
40 Freer Lane  
Lower Sackville, NS

- › Phone: 902-869-0183
- › Fax: 902-865-6073

**Sydney River Health Centre - Cape Breton Heart and Lung Wellness Centre**

1173 King's Road, Unit 2, Building A  
Sydney, NS

- › Phone: 902-563-8566
- › Fax: 902-563-8572

**Yarmouth Regional Hospital**

60 Vancouver Street  
Yarmouth, NS

- › Phone: 902-742-3542 extension: 1202
- › Fax: 902-742-0512

**Valley Regional Hospital - Asthma and COPD Care Centre**

150 Exhibition Street  
Kentville, NS

- › Phone: 902-679-1831
- › Fax: 902-690-2761

## **Exercise**

- The PR team will make an exercise program for you based on your personal history, exercise stress test, 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
  - › A group cool-down

## **How do I get started?**

- Talk to your primary health care provider (family doctor or nurse practitioner) 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: 902-473-7855

- The program may help with symptoms like shortness of breath or weakness that make it harder for you to do your daily activities.
- The PR Program may be right for you if you have:
  - › Common symptoms of chronic lung disease
  - › Shortness of breath that keeps you from doing your 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
  - › Stress or anxiety about your breathing
  - › A cough that does not go away, and/or thick mucus

## **What are the benefits of PR?**

- PR may help you to:
  - › lower your symptoms of fatigue and shortness of breath.
  - › manage your symptoms and avoid unplanned hospital visits.
  - › do your daily activities more easily.
  - › improve your muscle strength and flexibility.

- › improve your ability to walk and exercise.
- › be more active with less shortness of breath.
- › work on your healthy eating goals. You may meet with a dietitian to check your nutrition needs.
- › feel better and enjoy life more.

## **What does the PR Program involve?**

### **Assessment**

- You will have at least 1 visit with members of the PR team near where you live. This will include:
  - › An assessment of your current health, medications, and physical abilities
  - › Tests (like an exercise stress test or a shuttle walk test) before or during your assessment

### **Education**

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

### **What are your questions?**

**Please ask a member of your health care team. We are here to help you.**