

Referral criteria: Adults with chronic and restrictive lung diseases.

PATIENT INFORMATION (to complete or affix patient label)

Last name: _____ First name: _____

PHN #: _____

Address: _____

Birthdate: (mm/dd/yy): _____

City: _____ Postal Code: _____

Age: _____

Contact Phone: _____

Gender: M F

Diagnosis

Related medical conditions

Current medications

Physician's notes

Test results (please fax results)

- Pre and Post Spirometry (within 6 months) or Complete Pulmonary Function test (within 1 year)
- Stress Test (if there is a cardiac history)
- ECG within past 6 months
- Chest X-ray report
- CDM patient Summary
- Exercise oximetry
- Action plan if available

Is there any pre-existing health conditions that would make exercise unsafe? No Yes, please specify:

PHYSICIAN INFORMATION

Name: _____ Phone: _____ Fax: _____

Address: _____

COMMENTS

For HLP office use: Program registered. Yes. Program date: _____
No. Reasons and date: _____

Community Pulmonary Rehabilitation Program: FAQs

What is the Community Pulmonary Rehabilitation Program?

Community Pulmonary Rehabilitation Program is a community based education and exercise rehabilitation program for individuals living with chronic and restrictive lung disease which includes chronic obstructive pulmonary disease (COPD), emphysema, bronchitis, chronic asthma, pulmonary fibrosis, bronchiectasis and other lung diseases.

The exercise component consists of a warm-up, strength and balance training, cardiovascular exercise, a cool down and stretch. The exercise regimen is designed to be gently challenging and progressive. Healthcare professionals are in attendance at all times to monitor progress and safety.

What topics will be covered?

Education sessions cover many topics:

- How the lungs work
- Medications and inhaler techniques explained
- Breathing techniques and energy conservation
- How to prevent a COPD exacerbation or “lung attack”
- How to manage an exacerbation effectively
- Live an active life
- Reduce stress and anxiety
- Relaxation techniques
- Good nutrition

How many hours for each program?

The program runs two sessions per week for a total of ten sessions. Each session is two hours and focuses on education and exercises.

Where is the program held and who delivers it?

The program is held at Trout Lake Community Centre. The program is facilitated by Respiratory Therapists, and other qualified healthcare professionals.

How many participants are in the program?

The education is provided in a group setting which promotes sharing and learning from each other. The program usually consists of 8-12 participants. A support person is encouraged to attend the program with participants.

Is there a fee for the program?

The education is free of charge. Leisure Access Card or FlexiPass is required for access to the Fitness Room.

What is the communication with physicians after client has attended a program?

A report will be sent to physician when participant has completed the program.

How to refer a client?

Physician or healthcare provider completes the referral form with test results and fax to 604-267-3993.

For more information?

Please call Healthy Living Program at 604-267-4430.