

PULMONARY REHABILITATION

What is Pulmonary Rehab?

Pulmonary rehab teaches you skills to more effectively manage your Chronic Obstructive Pulmonary Disease “COPD” (also called emphysema or chronic bronchitis) so you can live life to its fullest.

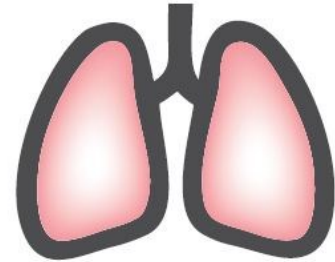
Pulmonary rehab programs are designed to:

- Reduce your breathlessness and fatigue
- Increase your ability to do everyday tasks
- Improve your inhaler technique and help you understand your medications
- Provide emotional and social support
- Decrease hospitalizations

Who is Pulmonary Rehab for?

Pulmonary rehab may be especially helpful for those with a lung condition who:

- Struggle to get and stay active
- Have a fear of physical activity
- Struggle with breathlessness
- Have difficulty controlling their breathing



“Before attending this program I was given little information. Since attending I have learned how to use the puffers properly, breathing techniques, proper exercises and planning my life in general to minimize unnecessary movements. I am glad I decided to attend because it has made life quite a bit easier and I am more confident in what to do about controlling my activities.”

*- Pulmonary Rehabilitation
Participant Spring 2016*

What services are included in Pulmonary Rehab?

COPD- Self Management Plan

- One-on-One meeting with a Certified Respiratory Educator
- Medication Review
- Self-Management Plan to help identify when you are having a 'flare up'

Respiratory Education

One-hour group education classes on topics (breathing techniques, stress management, oxygen therapy, etc.) that will help you manage your condition

Facilitated Spirometry

- Help ensure you have had a spirometry test
- Assist in getting re-tested

Supervised Exercise

- One-hour exercise sessions two times a week for 8 weeks
- Group Session
- Individualized exercise plan
- Monitoring and education
- Pre and post assessments

Managing COPD

Some strategies for managing COPD:

Reducing or quitting smoking



Medication use

Exercise

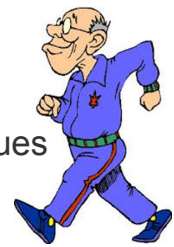
Healthy eating and water intake



Oxygen therapy

Breathing techniques

Self-management practice/techniques



Immunizations

Who is on the Pulmonary Rehabilitation Team?

The Pulmonary Rehabilitation Program is supported by a inter-disciplinary team consisting of:

- Clinical Exercise Specialists
- Certified Respiratory Educator Pharmacists
- Certified Respiratory Educator Nurse Specialist (RN)
- Licensed Practical Nurse
- A Program Administrator

For more information

Contact us at 667-8292 or visit our website:

<http://www.hss.gov.yk.ca/ccsp.php>