

# Pulmonary Rehabilitation Program

## Why consider pulmonary rehabilitation?

Pulmonary rehabilitation is the standard of care for people with moderate to severe chronic obstructive pulmonary disease (COPD) who are experiencing symptoms of breathlessness, cough and activity limitations despite medication/inhaler therapy. Research shows that the addition of exercise and COPD self-management through participation in a pulmonary rehabilitation program can improve stamina, strength and quality of life, while reducing shortness of breath and hospitalizations.

## Who is eligible?

- Patients diagnosed with COPD based on a pulmonary function test, whose condition is stable
- Patients who want to improve their knowledge, skills, confidence and quality of life in living with their lung condition
- Patients who have consented to a referral for assessment for pulmonary rehabilitation
- Patients who have not participated in a pulmonary rehabilitation program within the last two years unless there has been change or exacerbation

## What is included in St. Joseph's pulmonary rehabilitation?

- Patients are required to attend a minimum of four in-person clinic visits at St. Joseph's Hospital:
  - **First visit:** Assessment by a Nurse Practitioner to assess eligibility and readiness to participate. This may include a consultation with a Respiriologist. Additional tests may need to be ordered to ensure you are safe to exercise.
  - **Second visit:** Six-minute walk test to develop an individualized exercise prescription and an assessment of possible oxygen needs.
  - **Third visit:** Review of your personalized and safe exercise plan to ensure understanding.
  - **Fourth visit:** Assessment of your progress after completion of 12 weeks.

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- One hour twice weekly for 12 weeks of virtual education classes to help with COPD self-management.
- One hour twice weekly for 12 weeks of virtual exercise classes with a Rehabilitation Exercise Trainer and Respiratory Therapist.
- An individualized aerobic and strength exercise prescription to guide exercise on the days you are not attending class. A TheraBand for strength exercises is provided to you as well as an oximeter to monitor your heart rate and oxygen levels.
- Individual follow-up coaching calls with the Rehabilitation Exercise Trainer assigned to your care.
- Referral and access to team members (Social Worker, Nurses, Rehabilitation Exercise Trainers, Dietitian, Spiritual Care Counselor, Respiratory Therapist, Occupational Therapist, community services as needed).
- Development of a COPD self-management plan to maintain a healthy lifestyle – prescribed on a final (fifth) visit upon completion of the program.

### When are the classes scheduled?

- Two classes of exercise and one education session are held twice a week for 12 weeks. This is followed by a maintenance exercise program for another 12 weeks. (Please note: Class days and times may change.)
- Patients are asked to commit to six months of participation.

### Where are classes held?

- Group sessions and coaching will be held virtually via WebEx or telephone (Please note that virtual sessions could change to in person).
- Patients must have access to the Internet and a basic level of comfort using technology. Patients are responsible for their own equipment and data costs. An iPad lending program may be available.

**For more information, call 519-646-6100 ext. 61736 or 65033.**