

Pulmonary Rehabilitation Program

INFORMATION BOOKLET

**Cardiopulmonary
Rehabilitation Program
Coordinator**
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*A Program of Exercise and
Education for Individuals with
Lung Disease*



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Introduction

The Pulmonary Rehabilitation Program is designed for individuals with chronic lung diseases, such as emphysema, chronic bronchitis and pulmonary fibrosis. The program includes supervised exercise classes and education sessions.

Program Objectives

- To increase the participant's physical fitness to improve the ability to perform activities of daily living
- To increase the participant's understanding of lung disease and how to manage it effectively
- To assist the participant in developing a safe and effective home exercise program
- To help the participant develop effective coping strategies

Program Schedule

Participants generally attend the Pulmonary Rehabilitation Program for 12 weeks.

Sessions are held on Tuesday and Thursday, starting at either 9:00 or 10:00 a.m. Sessions are one to two hours in length. Participants are advised to attend both days each week.

All sessions are conducted at OSMH.

Education Component

A multidisciplinary team of professionals that includes an Exercise Specialist, a Physician, a Physiotherapist, an Occupational Therapist, a Respiratory Therapist, a Pharmacist, and a Dietitian delivers the education sessions.

Topics discussed include:

- Exercise principles
- Anatomy and physiology of the respiratory system
- Guidelines for proper nutrition
- Stress management principles
- Diagnosis and treatment of lung disease
- Medications for lung disease
- Coping with lung disease
- Infection recognition and prevention

Exercise Component

The Exercise Specialist supervises each exercise session, and participants are closely monitored.

The exercise sessions include warm-up stretching and mobility exercises, strengthening activities using light weights, walking and/or stationary cycling, and cool down stretching.

Participants are prescribed an individual program based on their capabilities.

Referral Process

Participants must be referred to the Pulmonary Rehabilitation Program by their Family Physician or Specialist.

Program Fee

To help cover some of the costs for education material, supplies, etc., participants are asked to pay a fee of \$50. The fee will be waived for those who are unable to afford it.