



Pulmonary Rehabilitation

UHN

Information about a specialized program for people with lung disease

What is pulmonary rehabilitation?

Pulmonary rehabilitation is a complete, multidisciplinary program for people with lung disease whose symptoms affect their everyday life.

Pulmonary rehabilitation was first developed for patients with diseases such as chronic obstructive pulmonary disease (COPD) and emphysema. It has been shown that people with interstitial lung disease also benefit greatly from pulmonary rehabilitation.

Through an exercise and education program that is created just for you, pulmonary rehabilitation helps to:

- ✓ Reduce symptoms
- ✓ Increase function and quality of life.

Pulmonary rehabilitation is a **free service** for Ontario residents covered by OHIP.

What is the program like?

Most pulmonary rehabilitation programs follow the same plan and try to work with your schedule.

- Outpatient programs usually include 2 or 3, half day sessions every week for about 12 weeks
- These sessions are usually 2 hours long and include:
 1. 1 hour of classes on topics about lung disease
 2. 1 hour of supervised exercise on a treadmill or stationary bicycle, and weight training

Please visit the UHN Patient Education website for more health information:

www.uhnpatienteducation.ca

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- At the end of your rehabilitation program, some centres have an optional ongoing maintenance program.

There is also an inpatient program at West Park Hospital in Toronto for patients who cannot travel for rehabilitation.

- At the inpatient program, patients take part in sessions everyday for 6 weeks.
- Classes include topics such as: lung disease, medications, nutrition, ways to control shortness of breath, home exercise programs, psychosocial issues, relaxation techniques, ways to conserve your energy, how to stop smoking, and different types of oxygen systems.
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How can a pulmonary rehabilitation program help me?

Some of the ways that pulmonary rehabilitation may help you are:

- Reduce symptoms, such as shortness of breath and feeling tired
- Improve how you do exercise
- Give you more knowledge about your lung disease
- Help you manage your lung disease
- Help you do your everyday activities
- Improve your quality of life
- Relieve anxiety and depression caused by your lung symptoms

How can I join a pulmonary rehabilitation program?

To join a pulmonary rehabilitation program, you will need:

- a prescription from your doctor
- a recent pulmonary function test (PFT)
- an electrocardiogram
- an exercise test
- a history
- physical examination

Is there a pulmonary rehabilitation program near my home?

- A list of pulmonary rehabilitation programs in Canada can be found at:

http://www.lung.ca/respDB/search-pulmonary-rehabilitation_e.php

- On this website, you can enter your postal code and it will give you a list of programs in your neighbourhood and how far it is from your home.

Who can I talk to if I need more information?

If you have questions about pulmonary rehabilitation, please talk to your doctor.