

## Program Outline

Education sessions are offered three or four times a year (fall, winter and spring):

- Sessions run from 1:00 p.m. to 3:30 p.m. every Tuesday and Thursday for five weeks.
- Sessions include 12 – 16 participants in each session.
- A follow-up assessment will be provided 3 to 6 months after completing the program.

Some participants will continue with the maintenance program.

### *The maintenance program is suitable for individuals who:*

- require regular supervised exercise
- have a low exercise tolerance
- are on supplemental oxygen

### *The maintenance exercise classes are held:*

- Every Tuesday and Thursday from 12:30 to 2:00 p.m. in the Medical Day Centre Gym

## How To Join:

A referral from your family doctor or specialist is required to participate. Referrals may be sent or faxed to the Lions Gate Hospital Medical Day Centre.

For more information, contact the BREATH Program

Phone: 604-984-5888

Fax: 604-984-3766

We encourage you to talk to your doctor and ask him if you are a good candidate for the Program.



Lions Gate Hospital entrance and parking is on 15th Street, between St. Georges and St. Andrews.

For more copies, go online at <http://vch.eduhealth.ca> or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **FN.515.R47**

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# Respiratory Rehabilitation Programs (BREATH)

## Client Brochure



BREATH Program  
Lions Gate Hospital

231 East 15th Street  
North Vancouver BC V7L 2L7  
Tel: 604-984-5888

## Chronic Obstructive Pulmonary Disease (COPD)

**COPD** is a term to describe 3 lung conditions: emphysema, chronic bronchitis and chronic asthma. **COPD** clients often have a mixture of these conditions.

### How is COPD treated?

If you smoke, stopping smoking is the most important aspect of your treatment.

Your doctor may prescribe daily medication to use. During flare-ups, additional medications may be added.

Other treatments include education on **COPD** and regular exercise.

Exercise training has been proven to be an essential **COPD** treatment. Exercise cannot reverse the condition, but the benefits of exercise training can reduce the disability of **COPD** by improving your endurance, breathing efficiency and breathlessness.

## Respiratory Rehabilitation

Respiratory rehabilitation is a comprehensive program of exercise, education and social support for **COPD** clients and their families. Other lung conditions such as pulmonary fibrosis are also included.

A respiratory rehabilitation program helps individuals with lung problems achieve and maintain a healthy active lifestyle.

The programs are led by a health care team, which includes a Respiriologist, Occupational Therapist, Physiotherapist, Registered Nurse, Dietitian, Pharmacist and Social Worker.

Clients benefit from contact with others who have similar limitations.

Respiratory rehabilitation offers many specific therapies that help in the everyday activities of those living with **COPD**.

We have FUN as well!!

**BREATH Program**  
**Phone: 604 984-5888**

## Components of a Respiratory Rehabilitation Program

The BREATH Program

(**BR**eathing,  
**E**xercise  
**And**  
**TH**erapy)

at Lions Gate Hospital includes education, exercise and life skills enhancement.

The education sessions include topics on:

- Lung conditions
- Chest infections
- Breathing control
- Bronchial hygiene
- Pulmonary function tests
- Oxygen therapy
- Drug delivery systems
- Nutrition
- Energy conservation
- Relaxation techniques
- Stress management
- Coping skills
- Intimacy
- Travel planning

The exercise component of the respiratory rehabilitation program includes aerobic exercise, weight training and stretches.