

Program Outline

Individual self-management educational session offered to all referred participants.

Group education sessions are 4 or 5 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 Gym located on the Main floor of Lions Gate Hospital

How To Join:

A referral from your Family Doctor, Nurse Practitioner or Specialist is required to participate. Referrals may be faxed to North Shore Chronic Disease Services using our Integrated Referral Form.

For more information, contact the BREATH Program.

Tel: 604-988-3131 local 4940

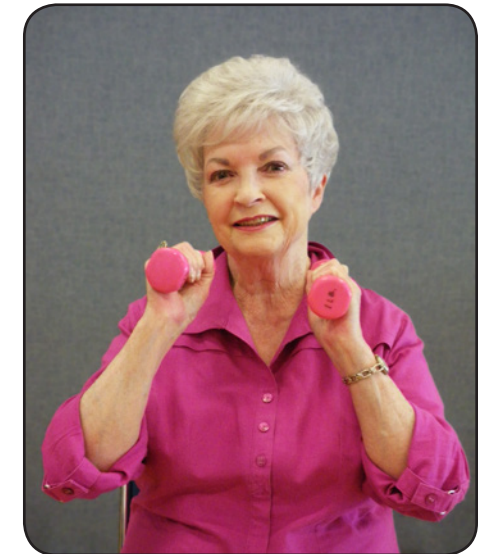
We encourage you to talk to your doctor and ask him if you are a good candidate for the Program.

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



Respiratory Rehabilitation Programs (BREATH)

Client Brochure



BREATH Program
Lions Gate Hospital

231 East 15th Street
North Vancouver BC V7L 2L7
Tel: 604-988-3131 local 4940

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

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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.

If you have been in hospital with **COPD**, you will be offered follow-up and support with a Respiratory Disease Educator to help you transition back to home.

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 group programs are led by a health care team, which includes a Respirologist, 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
604-988-3131 local 4940

Components of a Respiratory Rehabilitation Program

The BREATH Program

(**BR**eathing,
Exercise
And
THerapy)

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.