

# Pulmonary Rehabilitation

Patient Information





## Pulmonary rehabilitation

People with chronic pulmonary disease often limit their physical activity out of fear of feeling breathless. The resulting lack of physical activity unfortunately reduces their muscle strength and leads to weakness.

The Pulmonary Rehabilitation Program is structured, supervised and personalized. Its multidisciplinary team (respiratory therapist, kinesiologist, etc.) will help you increase your physical capabilities and gain better control over your breathing so that you're able to do your everyday activities with more energy and ease.

Although pulmonary rehabilitation may improve your daily living, it will not reverse the effects of your chronic pulmonary disease. Pulmonary rehabilitation will allow you to strengthen your muscles and heart so that you can make the most of your lungs. In turn, this will help you combat isolation and depression and will increase your self-confidence.

## Expected benefits

Expected benefits of the Pulmonary Rehabilitation Program are:

- Better control of shortness of breath;
- Better control of anxiety;
- Increased strength and endurance;
- Increased confidence in your capabilities;
- Improved quality of life.

## Assessments and personal goals

The Pulmonary Rehabilitation Program team will assess your symptoms and current treatment to ensure that you're getting the most out of the program. The team will then work with you to set short- and long-term goals that meet your needs. For example – being able to do everyday tasks such as getting dressed, grocery shopping, or walking more easily.





## Education

The Pulmonary Rehabilitation Program includes education sessions for you and your loved ones. Understanding your chronic pulmonary disease, its progression and its treatment will help you live with the disease more comfortably.

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## Exercise

The “exercise” component of the Pulmonary Rehabilitation Program will be tailored to your health status and your goals. You will be supervised by the Pulmonary Rehabilitation Program team and the exercises you should do will be explained to you in detail. The instructions will change as you progress through the program.

### **This section typically includes the following types of exercise:**

- Warm-up;
- Aerobic – such as walking on a treadmill or using a stationary bicycle;
- Strengthening - for the muscles in your legs, arms, etc.;
- Stretching.

## Monitoring

The Pulmonary Rehabilitation Program team will monitor your oxygen saturation, blood pressure, pulse, and shortness of breath to ensure that the intensity of your exercise is appropriate. The team may monitor other parameters as needed.

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## Possible risks and discomforts

It’s possible that undesirable changes could occur while you’re exercising. These changes could include a bronchospasm, abnormal blood pressure, faintness, irregular heart beat and, on rare occasions, a heart attack or stroke. Qualified staff are readily available to look after people when unusual situations occur.



## Responsibilities

The success of pulmonary rehabilitation depends in part on your relationship with the program team. It's important for you to follow and actively participate in the program.

**You must inform the team of any change in your:**

- Health status;
- Medications;
- Cardiopulmonary resuscitation status and level of care.

## Confidentiality

The Pulmonary Rehabilitation Program is in a group setting. You will be with other participants and your discretion is important.

The information obtained during your participation in the Pulmonary Rehabilitation Program will be confidential. This information may be used for research purposes; however, your privacy will be respected.