

## Referral Process

Participants must be referred to the Pulmonary Rehabilitation Program by their Primary Care Provider (Family Physician, Specialist, Nurse Practitioner, etc.) in order to get involved in the program.



## Orillia Soldiers' Memorial Hospital

### Cardiopulmonary Rehabilitation Office

Stefan Pingel  
Exercise Therapist  
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| Orillia, ON | L3V 2Z3  
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[sfpingel@osmh.on.ca](mailto:sfpingel@osmh.on.ca)

You are welcome to send an email and/or leave a voicemail at your convenience

For Referral Form Visit:

<https://www.osmh.on.ca/referrals-and-requisitions/>

Under “Pulmonary Rehabilitation Referral Form” - See website and Referral Process for further details



## PULMONARY REHABILITATION PROGRAM

Home-Based/Virtual Information Booklet

A Program of Exercise and Education for Individuals with Respiratory Disease

# Pulmonary Rehab

The Pulmonary Rehabilitation Program is designed for individuals with chronic lung diseases, such as emphysema, chronic bronchitis, and pulmonary fibrosis.

These Programs for patients with chronic lung diseases are a means of providing comprehensive approach to enhance standard medical therapy to control and alleviate symptoms and optimize functional capacity. The primary goals of these programs is to restore the patient to the highest possible level of independent function.

## Program Objectives

- ◆ 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 exercise program
- ◆ To help the participant develop effective coping strategies
- ◆ To increase the participant’s physical fitness to improve the ability to perform activities of daily living

## Education Component

In the **supervised program**, topics are discussed in-class

In the **Home-based/Virtual program**, the same content is sent through e/mail and any questions are address during the regular follow up calls and/or through email

### Topics Include

<b>Exercise Principles</b>	
<b>Anatomy and physiology of the respiratory system</b>	
<b>Guidelines for proper nutrition</b>	
<b>Coping with lung disease Controlled Breathing</b>	
<b>Stress Management Principles</b>	
<b>Medications for lung disease</b>	
<b>Smoking Cessation</b>	
<b>Risk Factors</b>	

**\*\*Please Note\*\***

**Due to limited space and wait-listing, those doing the supervised class will only be doing the first initial classes on-site before transitioning and finishing to a home-based /virtual program—extenuating circumstances and exemptions may apply for those in need of extra on-site classes**

## Exercise Component

- Participants can choose from a **supervised\*\*** (see prev. note) or home-based exercise program.
- Participants in the **supervised program** attend one, hour-long, group exercise session per week
- Exercise sessions include warm-ups stretching, walking, stationary cycling, cool down, stretching, and brief educational topic discussion.
- There is also potential for resistance training which will be done using resistance bands and other gym equipment.

### Schedule

**Wednesday 5:00P-7:00P**

**-More Class times/slots to follow-**

**All exercise sessions and education classes are conducted at Orillia Soldiers’ Memorial Hospital.**

Individuals who cannot, or do not want to join the supervised program, or who simply prefer to exercise on their own, may enroll in the **home-based/virtual** exercise program.

Follow-up phone calls are arranged to check on the participant in the home-based/virtual program for progress and to make any respective adjustments.