

**REFERRAL FORM: Pulmonary Rehabilitation Program**

\* Please see inclusion/ exclusion criteria on reverse to ensure referral is appropriate\*

Date of referral: \_\_\_\_\_

<b>Advance Care Planning:</b> <input type="checkbox"/> Comfort care only <input type="checkbox"/> Medical care <input type="checkbox"/> Full Resus	
Patient Name:	Date of Birth: (d/m/y)
	PHN:
Address:	Phone: Home: Work: Mobile:
Respiratory Diagnosis:	
Number of exacerbations in the past year: _____	
Number of hospitalizations due to exacerbations in past year: _____	
<b>MRC:</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	
Other Relevant History or Information:	
Does the patient currently use home oxygen? <input type="checkbox"/> No <input type="checkbox"/> Yes	If Yes: _____ lpm at rest _____ lpm activity/exercise _____ lpm during sleep

Have you discussed pulmonary rehabilitation with patient?  Yes  No

Please attach last spirometry report. Spirometry attached  Yes  No

CBC, HgA1c and Non-Fasting Lipids will be done pre and/or post program (**Bloodwork will be drawn by the pulmonary rehab nurse during the initial assessment and post-program assessment**).

**Referring Physician/ Nurse Practitioner**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Send referrals to: **Lindsay Hansen: Cardiac and Pulmonary Rehab Program Lead**

16 Garfield Street, Suite 308, Charlottetown, PE, C1A 1L2

**Fax:** 902-569-0579 **Phone:** 902-388-0744 **Email:** cardiacpulmonaryrehab@ihis.org

### **What is Pulmonary Rehabilitation?**

Pulmonary rehabilitation is an outpatient program which aims to improve the function of people with chronic lung disease, particularly Chronic Obstructive Pulmonary Disease (COPD).

Pulmonary rehab is an important component of evidence-based care aimed at improving quality of life and decreasing mortality and morbidity. Program elements include: reducing modifiable risk factors, using behaviour modification strategies to sustain healthy lifestyles, promoting pharmacological adherence and providing supervised therapeutic exercise training.

All pulmonary patients can benefit from pulmonary rehab. **The pulmonary rehab program selects for high risk patients, including those with an MRC >2 & recent or frequent exacerbations, ER visits, or hospitalizations.**

### **Inclusion Criteria**

- A diagnosis of COPD or other chronic lung disease (e.g. pulmonary fibrosis, adult asthma, lung cancer) who are functionally disabled by their symptoms
- 18 years of age or older\*
- Must be medically stable (e.g. no acute cardiac disease)
- Patient willing to participate
- Able to arrange own transportation
- Able to perform own ADL's (e.g. toileting) or bring caregiver to assist

### **Exclusion Criteria**

- Poorly controlled angina on minimal exertion
- Any medical problem that severely restricts exercise or compliance with the program e.g. severe arthritis or dementia.
- Resides in a long-term care facility

**Exceptions for inclusion and exclusion criteria may be considered on a case by case basis**

### **Post/Long Covid Inclusion Criteria**

- New or ongoing respiratory symptoms (dyspnea and/or cough) and functional limitations after resolution of Covid-19 **AND** new or ongoing requirement for supplemental oxygen after resolution of Covid-19 **OR AT LEAST ONE OF THE FOLLOWING:**
  - Persistent radiographic pulmonary abnormalities (chest xray and/or CT chest demonstrating new/persistent reticular changes and/or fibrosis after resolution of Covid-19) **OR** PFT demonstrating new/persistent reduction in lung volumes, airflow limitation and/or reduction in diffusing capacity after resolution of Covid-19.

*Anyone who is referred to Pulmonary Rehab with Post/Long Covid symptoms will be screened for Post Exertional Symptoms using the DePaul Symptom Questionnaire Post Exertional Malaise subscale (DSQ-PEM).*

*If the DSQ-PEM indicates a person is experiencing Post Exertional Symptoms, they will not be a candidate for in-person pulmonary rehab; they could be considered for an education only stream (Virtual) on a case-by-case basis.*