

Testimonials

“This program was life-changing for me. Positive growth mentally, physically, and emotionally were measurable.”

~ Cindy

“The program has given me the ability to realize I still have potential to live a great and normal life.”

~ Miles

“Pursed lip breathing was most helpful, especially for climbing stairs. It has made a tremendous difference in my two-storey home.”

~ Anonymous

Contact & Referral Information

G.F. MacDonald Centre for Lung Health

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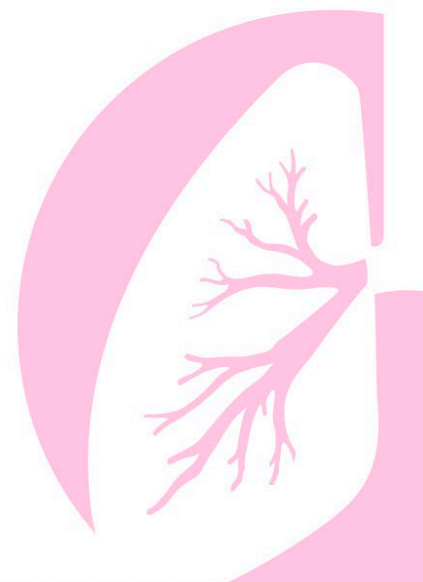
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Breathe Easy Pulmonary Rehabilitation

A program designed to help people manage their chronic lung disease, improve their health and quality of life through education, exercise and support.



Covenant Health
Edmonton General
Continuing Care Centre

G.F. MACDONALD
CENTRE FOR
LUNG HEALTH

- Do you cough regularly?
- Do you cough up phlegm?
- Do even simple chores make you short of breath?
- Do you wheeze when you exert yourself or at night?
- Do you get frequent colds that persist longer than those of other people you know?

If you answered yes to any one of the above questions talk to your doctor.
- *The Lung Association*

Referral

Regardless of the severity of lung disease, patients are referred to the program by a physician. A recent pulmonary function test and ECG are required.

Assessment

Patients are then booked for a pre program consultation and assessed by a Pulmonologist (Lung Specialist).

Oxygen levels, heart rate and other values are monitored while the patient walks the hallway or on a treadmill or rides on a stationary bicycle.

Any questions or concerns are addressed prior to their acceptance into the program.

Benefits of the Program

- Manage and decrease shortness of breath
 - Improve exercise tolerance
 - Maintain independence
- Reduce hospital admissions
 - Learn about your lungs
- Meet other people with lung disease

Breathe Easy Program

Components of the program

Education sessions teach patients how to manage their disease, control their breathing and recover more quickly. Topics include medication use, when to seek medical help, energy conservation, nutrition and much, much more.

Exercise is tailored to individual abilities and needs. Exercise includes breathing retraining, stretching, strengthening and endurance.

Support comes from staff, fellow participants, family members and friends. The C.O.L.D. Club is an Edmonton support group that participants can join.

Telehealth Programs

The Breathe Easy Program is also available in many cities and towns across the province. Assessment and education is accessed by Telehealth technology and exercise is facilitated by a local health care professional.



Maintenance Exercise Programs

Participants that complete the program are encouraged to continue exercising on a regular basis.

In Edmonton, participants can continue exercising independently at the Centre where equipment and oxygen is available. For patients who require assistance, supervised classes are available twice a week. There is a nominal fee for these sessions.

Each Telehealth site can advise what is available in that specific community.