

Phase II Cardiac Rehabilitation

The community-based phase II Cardiac Rehabilitation program consists of a graduated, clinically supervised, individualized exercise program and education on risk factors and lifestyle behaviour modifications. The program is run by an ACSM exercise physiologist, physiotherapist, and physiotherapy students.

Program runs 3x a week at the YMCA.

Goals and Purposes of Program:

- Provide a safe environment for exercise. Monitoring BP, HR, SPO₂, subjective symptoms (no ECG monitoring).
- Improve exercise and activity tolerance, which improves quality of life.
- Patient education on topics including, decreasing CVD risk factors, diet, etc.
- Decreased anxieties and fears associated with physical activity.

Eligibility Criteria:

- MI > CABG
- Chronic Stable Angina >CAD
- Stable Heart Failure >Transplant
- Valve Replacement or Repair
- Angioplasty or Stent in a coronary artery

Requirements:

- Cardiac Stress Test administered within last 8 months **OR**;
- Cardiologist, General Internal Medicine or Cardiac Surgeon sign off that patient can exercise without stress test.

By Referral from Primary Care provider or Specialist

- Program referral form or brochure for Cardiac Rehabilitation available
- Include results of Stress Test, Ejection Fraction, lipid profile, consult reports

Intake Assessment: Includes complete history, risk factor profile, submaximal aerobic test

Pulmonary Rehabilitation

The Pulmonary Rehabilitation program consists of a graduated, clinically supervised individualized exercise programs and education on self- management. The program is run by an ACSM exercise physiologist, physiotherapist, and physiotherapy students.

Program runs 3x a week at the YMCA.

Goals and Purposes of Program:

- Provide a safe environment for exercise. Monitoring BP, HR, SPO₂, and dyspnea.
- Improve exercise and activity tolerance, with adaptive, high intensity aerobic programs to suit patient individual needs.
- Patient education on topics including, breathing techniques, proper use of inhalers, etc.
- Reduced symptoms of anxiety, and depression and feelings of shortness of breath

Eligibility Criteria:

- COPD who have dyspnea or other respiratory symptoms
- Other chronic pulmonary conditions resulting in dyspnea or reduced ability to perform exercise, ADLs, and selfcare.

Requirements:

- Spirometry testing in last 5 years confirming diagnosis of COPD or booked for spirometry to confirm a diagnosis

By Referral from Primary Care provider or specialist

- Program referral form, or brochure for Pulmonary Rehabilitation available
- Include results of spirometry, consult report

Intake Assessment: Includes complete medical history, physical assessment, ATS 6 Minute Walk Test, outcome measures

Exclusion to Rehabilitation for either program:

- Severe Pulmonary Hypertension unstable Angina recent pneumothorax
- Conditions that would limit participation in an education and exercise class (e.g. cognitive conditions without support)

Please fax referrals to a confidential line: **250-596-7447**