



Prince George Pulmonary Rehabilitation Referral

Pulmonary rehabilitation is a multidisciplinary program for patients with COPD or other chronic lung diseases who would benefit from supervised exercise for strengthening and conditioning as well as education about their illness. Pulmonary rehabilitation has been shown in clinical trials to improve quality of life, functional capacity and to reduce hospital admissions for COPD.

Patient name: _____ **Date of birth:** _____ **PHN#:** _____
(YYYY-MM-DD)

Address: _____

Phone → Home: _____ Cell: _____ Work: _____

Patients must meet the following criteria:

- Patient has recent spirometry (within last 5 years) confirming a diagnosis of COPD or has been booked for spirometry to confirm the diagnosis. Please attach most recent spirometry results to the referral if available.
- or**
- Patient has a lung disease other than COPD but would benefit from pulmonary rehabilitation

List pulmonary diagnosis: _____

- Patient does not have a contraindication to participating in exercise program*

Examples of contraindications: Severe pulmonary hypertension, unstable angina, recent pneumothorax. Active smoking is **not a contraindication to referral to the program.*

Physician's name: _____ **Signature:** _____

Please fax this referral to confidential line: 250-596-7447

Program schedule (Monday and Friday)

11 AM	Check-in / group warm-up
11:30 AM	Individualized exercise programs
12:30 to 1:00 PM	Education / check-out

Program schedule (Wednesday)

11 AM to 1 PM | Education

YMCA Northern BC
2020 Massey Drive, Prince George, BC

