

Pulmonary Rehabilitation: Living Strong and Breathing Well at DLC!

Originally written by: Jill Norminton, RN, PRP Volunteer

Adapted by: Emily Klekta, 1st year Pharmacy Student Volunteer



For the past two years, Deer Lodge has been the 3rd site in Winnipeg to offer the Pulmonary Rehabilitation Program (PRP). Pulmonary Rehabilitation is an 8 week program designed to help individuals with lung disease take charge of their illness. Pillars of the program include exercise, patient self-management and assistance with smoking cessation. Patients generally attend twice weekly.

The success of Pulmonary Rehabilitation relies on the interdisciplinary collaboration of the program staff and clinicians to help ensure participants live strong and breathe well.

Under the leadership of Marlene Graceffo, *WRHA Director of the Rehab and Geriatrics Program*, the team at Deer Lodge Centre consists of respiratory therapists (Sheila Clifford/Lynard Higoy/ Gina Chan), physiotherapist (Dana Kliewer), rehab assistant (April Mendoza), registered dietitian (Tali Hassan), social worker (Lucy Trotta), pharmacist (Kristina Paunovic), educator (Kristine Petrasko), intake coordinator (Lorna Pankratz) and respirologist (Dr. Martha Ainslie).

The program offers:

- Education about lung disease, including preventing infections and coping with illness.
- Information and education on how to use medications and inhalers effectively.
- Exercise programs to improve cardiovascular fitness along with muscle strength and endurance, with the goal of reducing shortness of breath and improving overall function and quality of life.
- Group sessions regarding smoking cessation and harm reduction.
- Techniques to improve breathing along with relaxation techniques.
- An Action Plan to encourage self-management of the lung condition
- How to eat, exercise and live well!

The Deer Lodge Pulmonary Rehabilitation Team has already successfully completed **twenty** 8 week programs, and is currently running programs twenty-one and twenty-two!



The response of patients has been overwhelmingly positive.

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Participants have stated:

“It helped me to control my COPD and know what to do for my breathing. I can still enjoy life even if I have a lung condition.”

“I had some emotional issues with having to use oxygen and the people in the program helped me come to terms with those. I have increased exercise and feel much better.”

Anyone living with a chronic lung disease is welcomed and encouraged to find out more about these programs. Participants can be referred to the program by their family physician, respirologist or primary health care provider. ***There is NO cost to attend the program!*** We are very fortunate to have government funding for this very needed service.

There are three sites in the city that currently have Pulmonary Rehabilitation: *Deer Lodge Centre, Misericordia Health Centre and Seven Oaks/Wellness Centre*. For a referral form, please contact our intake coordinator at 204-831-2181.

GREAT NEWS!!!

The DLC team will be receiving the **Commitment to Care and Service Award for Collaborative Team Initiative** this November in Toronto. This is a national award sponsored by Pharmacy Practice+. Congratulations and well done team DLC!!!

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