



REGIONAL PULMONARY REHAB PROGRAM INCLUSION/EXCLUSION CRITERIA

INCLUSION

- Adults (over age 18 years)
- Able to attend ambulatory community-based program
- All referrals must be signed by Primary Health Care Provider (i.e. MD/NP/specialist)
- COPD diagnosis confirmed by spirometry or Pulmonary Function Tests
- Other pulmonary diagnoses limiting exercise tolerance may be considered on an individual basis (i.e. pulmonary fibrosis, bronchiectasis, restrictive lung disease, asthma in combination with COPD)
- Pulmonary hypertension (approved by respirologist or medical director)
- Patients must have the ability to understand self-management education and exercise information in order to benefit from this program
- Long COVID-19 clients, 3 months or greater following laboratory confirmed COVID-19 infection presenting with **EITHER** continued need for O2 **OR** X-ray/CT scan demonstrating persistent interstitial changes associated with SOBOE.

EXCLUSION

- Inability to mobilize or care for self; severe, debilitating, and unmanaged pain issues
- Impaired ability to understand self-management and exercise education sessions
- Significant primary cardiac disease (i.e. unstable angina or ischemia, acute pulmonary embolus or myocarditis, recent MI or heart surgery within the past 6 months; severe uncontrolled Pulmonary Hypertension, cardiac arrhythmias, tachycardia, aortic stenosis, or Heart Failure; resting systolic blood pressure > 180mmHg or resting diastolic blood pressure > 110mmHg)
- Has attended the PRP group program once in the last two years (regardless of site)
 - When one PRP program is attended within a 2 year time frame there is an option to bring client in for focused or specific one on one session to enhance their self-management ability
 - Candidates for lung transplant will be considered on a case by case basis
- Clients experiencing shortness of breath due to other causes, such as inactivity, without a pulmonary diagnosis would not benefit from this program
- Long COVID-19 clients with normal CXR or spirometry (where available) **OR** those whose symptoms are primarily fatigue, neurological or cardiac in nature.