

How can I access this service?

We accept referrals from:

- Respiriologists
- Family Doctors
- Nurse Practitioners
- Hospitals

How to refer

Note: this section is for the referring health care provider

- Complete the patient referral on Formfast/Pathway including:
 - Education/Exercise program your patient is interested in
 - Most recent pulmonary function test, imaging and ECG results
 - Consult letter/medical history
- Fax to 604-523-8801

Location

Unit B – 230 Ross Drive
New Westminster, BC V3L 0B2

Phone

604-523-8800

Fax

604-523-8801

Hours of service

RN

Monday to Thursday
8:00AM to 3:42PM

Physiotherapist

Monday to Wednesday
8:00AM to 3:42PM

Administrative Staff

Monday to Friday
8:00AM to 4:00PM

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #262263 (February 2022)
To order visit: patienteduc.fraserhealth.ca

Pulmonary Rehabilitation Clinic

New Westminster

Who can access this service?

Adults, 19 years or older, with the following health conditions:

- Chronic Lung Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Restrictive Lung Disease
- Pulmonary Hypertension

What services do we offer?

We offer the following services in person or virtually:

- Education
- Exercise Programs
- Individual consultation
- Quit smoking help

Note: Patients who do not have access to an electronic device can borrow an iPad from our clinic. For virtual care, patients must have access to the internet.

Pulmonary Rehab Program

2 sessions each week for 8 weeks including:

Exercise

Small group sessions monitored by a physiotherapist and a nurse. In this group you will:

- exercise at your own level.
- focus on improving strength, balance, flexibility and breath control.

Education

Topics include:

- Understanding lung disease
- Preventing lung irritation and COPD action plan
- Respiratory medications and inhaler technique
- Exercise continuation
- Stress management
- Advance Care Planning
- Nutrition

COPD Self-Management Education

2 group sessions, for 2 hours each session. .

These are education only sessions for people with newly diagnosed Chronic Obstructive Pulmonary Disease (COPD) or who do not need the full program.

Expected Outcomes

Our exercise and education programs are designed to:

- reduce symptoms and shortness of breath
- reduce anxiety
- increase overall strength
- improve exercise tolerance and quality of life
- reduce severity and frequency of breathlessness