

**COPD Education and  
Pulmonary Rehabilitation Program**

**OUTPATIENT REFERRAL**

*Please Note: All referrals must be physician-ordered*

PRIMARY DIAGNOSIS

CO-MORBIDITIES

1) **Choose Appropriate Level:**

- EDUCATION** – This level is intended for anyone with COPD. One-on-one education with the COPD educator consists of promotion of guided self-management skills, e.g., when to seek help, medication information, managing shortness of breath, and development of an action plan for exacerbations. The goal of this program is to improve quality of life through education.
- PULMONARY REHABILITATION** – This level is intended for individuals with moderate COPD. The 9-week program includes the above education in a group format and an individualized exercise program. The goal is to decrease hospital admissions, and improve quality of life through enhanced self-management skills and increased exercise capacity. The program is led by a physiotherapist, and guest speakers provide education, as needed, such as inhaler technique, nutrition and many more topics.

**Contraindications to Pulmonary Rehabilitation include: inability to walk, falls risk, unstable angina, recent MI, cognitive deficits.**

**Note:** All participants in the Pulmonary Rehabilitation Program will need the following. Please check:

- Spirometry
- Oximetry at rest with exercise (6 minute walk test)
- Physiotherapy Assessment
- Cardio Pulmonary Exercise Test:
  - Copies to: Dr. \_\_\_\_\_
  - Referral to Respiriologist if not already followed by Respiriology:
    - Oakville Respiriology
    - Other: Dr. \_\_\_\_\_

2) Are there any limitations to exercise  No  Yes –Specify: \_\_\_\_\_

3) Oxygen Use:  No  Yes

4) Smoker:  No  Yes Trying to Quit:  No  Yes

Comments: \_\_\_\_\_

Physician Name (Please Print)

Physician Signature

Date

