



Pulmonary Rehabilitation Program,
WRHA Rehabilitation & Geriatrics Program,
Rm. A241, Deer Lodge Centre,
2109 Portage Avenue,
Winnipeg, Man. R3J 3L0

September 21, 2012

Dear Health Care Provider:

RE: Regional Pulmonary Rehabilitation Program

I am pleased to inform you that Pulmonary Rehabilitation Programs have been augmented across the Winnipeg Regional Health Authority. The programs at Seven Oaks/Wellness and Misericordia Health Centre have been expanded and enhanced, and a new program located at Deer Lodge Centre has been added to improve access for community-dwelling patients. These programs were developed to assist **adults with a diagnosis of Chronic Obstructive Lung Disease, Asthma, Pulmonary Fibrosis, Bronchiectasis, and Restrictive Disease.**

All 3 locations will offer eight week programs that clients attend twice weekly to help them:

- Understand Lung disease
- Prevent Infection
- Improve breathing through individualized exercise programs
- Learn breathing and relaxation techniques
- Learn energy conservation strategies
- Use medications and inhalers effectively
- Eat well to live well

All Pulmonary Rehabilitation Programs will offer individual assessments prior to commencing the education and exercise portion of the program. The program will be provided by a team of health care professionals consisting of Respiriologists, Physiotherapists/Kinesiologists, Respiratory Therapists, Pharmacists, Clinical Dietitians, Occupational Therapists, and Social Workers. Transportation is not provided.

There is one **Pulmonary Rehabilitation Central Intake telephone number (204-831-2181) and fax number (204-940-8633)** where referrals are received and distribute to the appropriate program location based on the client's home address. The Central Intake Line will be open to receive referrals commencing September 10th, 2012. A copy of the referral has been included to copy and use as required.

If you have any questions, or would like more information, please contact the Pulmonary Rehabilitation Central Intake Coordinator, Debbie Lewis at (204) 831-2181.

Sincerely,

Marlene Graceffo, BPT, MSc (Rehab),
Regional Rehabilitation & Geriatrics Program Director