

Chronic Disease Management

519-997-2823 ext. 341

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



Virtual Respiratory Wellness Program

About:

This community-based, exercise and education program is offered via Zoom. This program is developed, assessed, and monitored by the Registered Respiratory Therapist, education is provided by Certified Respiratory Educator and guest speakers, and exercise is taught by a Registered Kinesiologist. It is designed for individuals managing a chronic pulmonary disease, such as:

Chronic Obstructive Pulmonary Disease (COPD), Asthma, Pulmonary Fibrosis, and others. etc.

Classes run for 1 hour twice weekly and are offered online. Clients are required to have access to Wi-Fi/internet and a computer/smart phone/tablet compatible with ZOOM (audio and video capabilities). Clients will work on upper and lower body strengthening, balance, and cardiorespiratory endurance training. Education Topics will focus on Controlling Breathlessness, Energy Conservation, Medication and Inhaler Techniques, Action Plan Development, Travel and Oxygen Use, Smoking Reduction & Cessation, and Advanced Care Planning.

Criteria & Eligibility

- Have respiratory functional limitations that severely limits their ability to perform ADLs
- Require exercises to be modified and supervised
- Medical clearance from Primary Care Provider (GP, NP or Specialist)
- Able to independently administer emergency medications (i.e. rescue inhalers, Nitro)
- Able to stand from sitting with minimal assistance and be able to stand with support if needed for a minimum of 15 seconds
- Able to follow instructions and communicate any adverse effects of exercise
- Clients should not be participating in Outpatient Rehab Services or be participating in other community respiratory programs while participating in this program
- Treatment of acute conditions is not provided.

See website for Client Referral Form
Please complete and fax to medical receptionist
at (226) 216-5179. For more information
contact (519) 997-2823 ext. 341

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www.wechc.org