

The Program Objectives

- To increase your knowledge of the respiratory disease process and the early signs of flare-ups or exacerbations.
- To increase your knowledge of your medications and their effects.
- To demonstrate the use of your respiratory medications and have you practice the effective technique of using these medications.
- To assist you with increasing exercise endurance and undertaking a regular exercise program.
- To increase your independence by identifying resources available to you.
- To decrease the incidence of complications and hospitalizations.



Fraser Health Community Respiratory Services

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Langley, BC V1M 4A6

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Hours of operation:
Monday to Friday from 8am to 4pm.

[www.fraserhealth.ca/your_care/
community_respiratory_services](http://www.fraserhealth.ca/your_care/community_respiratory_services)

[www.fraserhealth.ca/your_care/
home_oxygen_program](http://www.fraserhealth.ca/your_care/home_oxygen_program)



Respiratory Education

What You Should Know



**Community Respiratory
Services**

Introduction

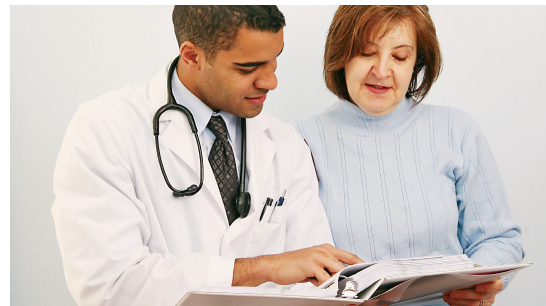
Community Respiratory Services is a Fraser Health program providing respiratory education services. The program employs Registered Respiratory Therapists who complete clinical assessments and provide education services relating to Chronic Obstructive Pulmonary Disease (COPD). COPD is a combination of emphysema and chronic bronchitis. The therapists will also work with you to complete referrals to appropriate resources, where required. The clinical and education services are completed in your own home and are provided throughout the entire Fraser Health Region, which extends from Burnaby to Boston Bar.

The Program Goals

- The primary goal of the program is to provide you with education and knowledge of your respiratory health. The therapists will also complete clinical assessments which may include oxygen testing by a finger clip, breathing/blowing tests or blood tests.
- Your therapist may also recommend referral to a smoking cessation program, a referral to a Respiratory Rehabilitation Program located at a hospital or clinic in your community or referral to other resources that may benefit your health.
- Your therapist will provide you with information about your respiratory

health, information with regard to current therapy and available resources. The therapist will also provide you and your family with a plan regarding self management of your COPD.

- The program therapist will work with your physician(s) and other health care providers to optimize your respiratory health and to provide you with on-going support and follow-up.



Participant Goals

Unfortunately there is no cure for COPD, however, treatment is available. The program will assist you in facilitating the following:

- Preventing your COPD from progressing.
- Optimizing the use of your therapy to assist in reducing your symptoms.
- Promoting exercise and improving your exercise performance.
- To recognize COPD flare-ups, how to initiate self management and when to seek medical intervention.
- To improve the quality of your life

How does the program work?

A referral from your physician, a nurse practitioner or other health care professional is required to register you in the program. Once the referral is received, a clerk from the program will contact you to arrange for a therapist to come to your home.

The therapist will complete the in-home assessment and education services and forward a report to your physician(s). The therapist will continue to work with you and provide further assessments and education services on a regular basis.

Resources

- The British Columbia Lung Association
604-731-5864
- Chilliwack Better Breathers
604-858-8965
- Langley Better Breathers
604-534-2632
- New Westminster Puffers Club
604-590-0123
- Breath Works COPD Information/
Assistance 1-866-717-COPD (2673)
- Maple Ridge Better Breathers
604-466-1633