



## Chronic Obstructive Pulmonary Disease (COPD) And other breathing disorders

### A history of expertise

West Park's involvement in treating respiratory diseases began more than a century ago when tuberculosis was a world-wide threat to life. We opened in 1904 and became one of the largest sanitariums in Canada devoted to the most advanced cases of TB.

With the development of new TB treatments, we were able to apply our exemplary care to more healthcare issues, but our expertise in lung ailments continues.

West Park is a regional adult rehabilitation centre, a provider of complex continuing care and long-term care services. We are a provincially-designated Centre of Excellence for Long-Term Ventilation and our Respiratory Rehabilitation Service is internationally recognized.

### You can help

Donations to the West Park Healthcare Centre Foundation support research and the purchase of equipment not covered by provincial funding.

To add your support, contact the Foundation office at 416-243-3698 or [foundation@westpark.org](mailto:foundation@westpark.org).

### Other services to continue your rehabilitation

West Park Healthcare Centre also offers all discharged patients, including COPD patients, access to acupuncture, chiropody and orthotics, chiropractic, massage, occupational therapy, physiotherapy, warm-pool therapy/aquafit and other services at the West Park Rehab Plus rehabilitation and wellness clinic.

To find out more, call Rehab Plus at 416-243-3778 or visit [westparkrehabplus.com](http://westparkrehabplus.com).

#### TRANSPORTATION

TTC: (416) 393-4636

Wheel Trans Customer Service: (416) 393-4111

Wheel Trans Reservations: (416) 393-4222



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[www.westpark.org](http://www.westpark.org)



## What is COPD

If you are short of breath, experience a frequent cough and are getting more chest infections, you should get a breathing test done - a pulmonary function test or spirometry. The above symptoms may indicate chronic obstructive pulmonary disease (COPD), which is a grouping of diseases that include chronic bronchitis and emphysema.

## Other ailments

While the majority of patients treated through the Respiratory Rehabilitation Service suffer from COPD, we also help people with long-standing respiratory conditions as well as those following lung surgery.

## How we can help

Our Respiratory Rehabilitation Service will help you set achievable goals for improvement and work with you to improve your exercise and activity level, learn relaxation and breathing techniques, understand the effects of good nutrition, learn how your medication works and where to get support in the community.



## West Park Respiratory Rehabilitation Service for inpatients

**With years of experience and internationally renowned expertise, West Park's skilled staff work as a team with patients to provide exemplary care on the road to recovery.**

### Ready to work

Arrive ready to work. Like an athlete, you'll be in training with an impressive team of experts all focused on getting you as strong as can be.

Your core team includes a physician, care co-ordinator, registered nurse, physiotherapist, respiratory therapist, rehabilitation assistant, occupational therapist and client care attendant. You also have access to recreational therapists, speech-language pathologist, social worker, pharmacist, psychologist, dietitian and chaplain when you need them.

The most important thing you can do to help yourself is quit smoking. We would like you to have gone 12 weeks without smoking, be willing to work, committed to using your new skills and ready to maintain your exercise program.

### Setting goals

Your condition has likely prevented you from carrying out some routine activities of life. Think about what you'd like to improve. It may be climbing your front stairs, walking to the neighbour's, bathing and dressing independently, going shopping, working on your garden or maintaining your home.

### What you should bring

Pack loose clothing and comfortable shoes that are suitable for exercise - running shoes, a track suit or shorts and a T-shirt would work well.

Be sure to bring all medications you take. If you use

oxygen at home, bring your portable system along with the carrier. There will be bedside oxygen available.

Bring any assistive devices such as a walking aid, rollator, sock aid, or back scrub brush.

There will be some leisure time so feel free to pack a supply of books, crafts or activities. You may rent or bring from home a portable television with earphones. You might also consider a radio or MP3 player and an alarm clock.

You may supply your own pillow and comforter, if you wish. Use a patterned or coloured case so it doesn't get mixed up with others.

### Visitors

We'll keep you busy during the day so visitors are best advised to join you in the evenings, if possible. Visiting hours end at 9:00 p.m.

### Going home

The rehabilitation program runs Monday to Friday. We encourage you to go home on Friday night and return by Monday morning. It will give you the opportunity to practice your exercises in your home and stay connected with family and friends.

### No scents please

You and your visitors should not bring or use perfumes or aftershave, scented soaps, lotions or cosmetics, nail polish or remover, or plants and flowers as they may make it difficult for patients to breathe.