



PATIENT INFORMATION		
Name		
PHN #	Phone	Date of birth YYYY/MM/DD
Address		
Family practitioner	Referring practitioner (if different)	

**Primary reason for referral/diagnosis:**

- COPD
- Diabetes
- CVD risk factors
  - Overweight/obesity
  - Hypercholesterolemia
  - Other: \_\_\_\_\_
- Smoker
- Pre-diabetes
- Sedentary
- Hypertension

**Comments/special instructions:**

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**CCSP available programming:** (see reverse for details)

- Your Health! Your Way!  
(Stanford Chronic Disease Self-Management Program)
- Pulmonary rehabilitation program
  - Most recent spirometry attached
  - Spirometry contraindicated
- Diabetes Wellness Series
- Supervised exercise  
(see contraindications on reverse)

**STANDING ORDER**

**Physician/NP standing order required for spirometry testing and O<sup>2</sup> administration (must be signed by MD/NP below):**

Our program clinicians will initiate spirometry testing for program participants based on best practice guidelines unless contraindicated. Diagnostic spirometry includes both pre & post testing, Salbutamol/400mcg inhaled with spacer will be administered unless otherwise indicated. Oxygen therapy (O<sup>2</sup> 1-2 L/min via nasal cannula, titrated to achieve SpO<sup>2</sup> 88-92% target range) will be administered by a certified exercise physiologist in acute situations.

Physician/NP signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## **Exercise contraindications**

Clients referred for pulmonary rehabilitation or supervised exercise programs will undergo an initial assessment and screening by the clinical exercise specialist prior to initiating the exercise portion of the program. Exclusion criteria from the exercise portion may include:

- Unstable cardiac conditions
- Myocardial infarction < 4 weeks
- Severe pulmonary hypertension
- Severe aortic stenosis
- Recent pneumothorax
- Recent embolism (PE, Thrombophlebitis)

## **Your Health! Your Way!** (Stanford Chronic Disease Self-Management Program)

*Available by self-referral*

The *Your Health! Your Way!* program is a 6 week (2.5hours 1x/week) group workshop designed to help clients living with chronic conditions learn self-management skills. Available both in-person and online, and designed for adult family members and caregivers. This program will help clients:

- Learn to manage symptoms better
- Reach goals by taking small steps
- Discover tips to manage day-to-day activities
- Get support from others with long-term health concerns
- Share experiences and help others

## **Diabetes Wellness Series**

*Available by self-referral*

The Diabetes Education Centre and the Chronic Conditions Support Program have partnered to create a 4-week workshop (2hr 1x/week) to provide information from a variety of diabetes specialists. A team composed of a registered dietitian, registered nurse, pharmacist and exercise specialist cover weekly topics including self-management, medications, self-monitoring, healthy eating and activity strategies.

## **Pulmonary rehabilitation**

Pulmonary rehabilitation is a three-part program: COPD Action Plan, respiratory education, and supervised exercise. An individualized COPD Action Plan is developed with a certified respiratory educator in collaboration with the primary care provider. These one-on-one appointments also include medication review and technique teaching. The COPD Action Plan helps patients identify and treat an AECOPD (acute exacerbation) early and reduce hospital visits. Respiratory education includes breathing techniques, stress management, oxygen therapy, etc.

## **Supervised exercise**

Supervised exercise includes 16 sessions (1.5 hours 2x/week) of group exercise classes. It is designed to teach participants how to exercise, self-monitor, and progress exercise safely given their health condition(s). Client follow-up and support for transitioning to local exercise maintenance options is provided. Each participant will receive an initial and a post program assessment. Home program development is available for those that are unable to attend classes in Whitehorse.