

PULMONARY REHABILITATION

Content	Interventions**	Patient/Family	Suggested questions§
The importance of maintaining the personalized exercise program	1. Discuss with the patient/family the importance of maintaining this exercise program on a regular, long-term basis by reviewing the consequences of discontinuing and the benefits of continuing. [2, 8]	<ul style="list-style-type: none"> Recognizes the importance of maintaining the exercise program on a long-term basis. 	<ul style="list-style-type: none"> Is it important for you to maintain your exercise program on a long-term basis? What could happen if you discontinue your exercise program? What are the benefits if you maintain your exercise program?
	2. a. Identify with the patient/family the benefits experienced since beginning the exercise program. [1, 2] b. Identify with the patient/family the factors that could make it easier or harder to maintain the exercise program. [1, 2] c. Identify with the patient/family solutions to the obstacles that could prevent him from maintaining the exercise program. [1, 2]	<ul style="list-style-type: none"> Lists the benefits experienced since starting the exercise program. Lists the factors that could make it easier or harder to maintain the exercise program. Describes solutions to the obstacles to maintaining the exercise program. Identifies/suggests alternative exercises/facilities to change the day-to-day routine. 	<ul style="list-style-type: none"> Have you benefited from your exercise program? If yes, how? If no, why not? What factors help you to maintain your exercise program? Are there any factors that prevent you from continuing with your exercise program? If yes, what are they? Do you know of any methods or people who can help you overcome the obstacles that prevent you from maintaining your exercise program? If yes, what/who are they? How will you maintain your exercise program if your COPD symptoms get worse? when it is hot, humid, cold, windy? when you are on vacation? How will you get to the fitness or rehabilitation centre for your exercise program? How will you overcome emotionally painful times? What will you do if you lose interest in exercising or if you are on vacation?
	3. a. Draw up an exercise maintenance plan with the patient/family. [3, 5] b. Identify the equipment required to maintain the exercise program at home. [3, 5]	<ul style="list-style-type: none"> Describes the exercise maintenance plan for the coming month and for the year. Describes the equipment he should have at home for his aerobic and muscle-strengthening exercises. 	<ul style="list-style-type: none"> How do you plan to continue your exercise program in the coming month? for the rest of the year? when your symptoms get worse? List the equipment you need to do your aerobic and muscle-strengthening exercises at home. What equipment do you already have? How will you get the rest of the equipment?