

What to do When Pulmonary Rehabilitation (PR) is Unavailable

Pulmonary Rehabilitation (PR), a program of supervised exercise, education and support, can help people with lung disease live a better quality of life. This fact sheet offers some ways to continue your pulmonary rehabilitation at home when you are not able to get to your program.



Many PR programs worldwide may have closed temporarily due to the coronavirus (or COVID-19). Because social distancing and avoidance of groups is a critical part of avoiding COVID-19, pulmonary rehabilitation programs are shutting down, so you may not be able to attend in-person. However, it is still important to maintain your strength and fitness during this time. If you have been enrolled and attending a PR program, ask your healthcare provider if it is safe for you to exercise at home. If so, they may provide guidance about what home exercises are right for you. You can also learn more about pulmonary rehabilitation and COVID-19 by visiting the websites, listed below.

Pulmonary Rehabilitation Resources

- www.livebetter.org
- <https://www.thoracic.org/patients/patient-resources/resources/pulmonary-rehab.pdf>
- Lung.org/pulmonary-rehab
- www.copdfoundation.org/Learn-More/I-am-a-Person-with-COPD/Pulmonary-Rehabilitation.aspx
- The COPDF Pocket consultant app (free for Android and iOS) also has exercise videos. <https://www.copdfoundation.org/Learn-More/The-COPD-Pocket-Consultant-Guide/Patient-Caregiver-Track.aspx>

COVID-19 Webinars, Online Events & Resources

- Lung.org/covid19
- www.copdfoundation.org/Learn-More/I-am-a-Person-with-COPD/Coronavirus-Information.aspx
- <https://www.thoracic.org/professionals/clinical-resources/disease-related-resources/covid-19-webinars.php>

Centers for Disease Control (CDC) and World Health Organization (WHO) COVID-19 Resources

For more resources and the latest updates for the US and the world go to:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Telephone and Online Support

- Lung.org/helpline
or 1-800-LUNGUSA (American Lung Association)
- <https://www.copdfoundation.org/COPD360social/Community/Get-Involved.aspx> (COPD Foundation)

Seek Medical Help

If you think you have been exposed to COVID-19 and you have symptoms (fever or cough or shortness of breath), or are having a flare-up, please call your doctor or healthcare professional. They will assess you and determine if you need to be seen and/or tested. If so, you will be given instructions on what to do next. This will enable the office, clinic or acute care facility to get ready for your arrival and help you avoid spreading the virus to others.

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