

Chronic Disease Group Exercise Guide for Physicians & Nurse Practitioners 2019-2020

Interior Health (IH) and Joint IH/ City of Kamloops Programs

Direct Physician/NP Referral Required

	PROGRAM	DIAGNOSIS	PROGRAM DETAILS	CONTACT
Cardiovascular / Metabolic/ Mental Health *	DIABETES EDUCATION CLASSES	<ul style="list-style-type: none"> • Pre-diabetes • Newly diagnosed Type 2 • No cost 	<ul style="list-style-type: none"> • Each class consists of 2 – 2hr education sessions • Diabetes and lifestyle education 	Diabetes Education 250 314-2457
	Winning With Wellness	No diagnosis necessary. Must be willing to make healthy behaviour changes	12-week lifestyle management program focused on healthy eating	North Shore Health Science Dietitian 250.312.3218 X 43243
	<p>ON TRACK</p> <p>Vascular Improvement Program Mental Health (MHSU) and City of Kamloops</p> <p>* For individuals without cardiovascular disease</p>	<p>Primary Prevention</p> <ul style="list-style-type: none"> • Stable Hypertension • Stable Diabetes • Dyslipidemia • Metabolic Syndrome • Mild- Moderate Depression and/or Anxiety 	<ul style="list-style-type: none"> • Cost = \$40.00+ GST • Group Exercise and Information Sessions • Track Walking and Exercise Program for 10 – 12 weeks • Self Management Goal Setting • Supervised by ACSM Exercise Physiologists and Mental Health Clinicians • Certified Diabetes Educator 	<p>VIP</p> <p>250 314-2727</p> <p>Exercise Specialist Coordinator City of Kamloops</p> <p>250.828.3742</p>
	<p>VASCULAR IMPROVEMENT PROGRAM (VIP)</p> <p>Supervised Exercise Program and Information Sessions are part of the VIP multidisciplinary program of cardiovascular risk management</p>	<p>Cardiac Rehabilitation</p> <ul style="list-style-type: none"> • Coronary Artery Disease • Myocardial Infarction • PCI / CABG • PAD • Valve Disease/ Surgery 	<ul style="list-style-type: none"> • No Cost • 12 week program with continuous enrollment • Group Aerobic, Strength Training and Education Session Options: <ul style="list-style-type: none"> • Track Program • Gym Program • Supervised by ACSM Exercise Physiologists, Physiotherapist, and Registered Nurses 	<p>VIP</p> <p>250 314-2727</p>
Respiratory	PULMONARY REHABILITATION	<p>Respiratory Conditions</p> <ul style="list-style-type: none"> • COPD (mild-severe) <ul style="list-style-type: none"> ○ Emphysema ○ Chronic Bronchitis • Bronchiectasis • Chronic Asthma • Pulmonary Fibrosis • Lung surgery <ul style="list-style-type: none"> × Transplant pre/post × Resection 	<ul style="list-style-type: none"> • No Cost • Offered 2x/ week, 6 weeks • Exercise and education session focus on aerobic conditioning, upper and lower limb strength training, energy conservation and breathing techniques • Supervised by Registered Respiratory Therapist, Registered Physiotherapist 	Pulmonary Rehabilitation 250.312.3280

Visit KeeponMoving.ca for program descriptions and referral forms

This guide may be updated as new programs are developed under the Strategic Health Alliance

Revised March 2015–Community Exercise Decision Tree for Physicians, K. Brisco VIP

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Kamloops Community Programs

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Cancer	SENSATIONAL SURVIVORS <i>Physician's approval is required prior to commencing exercise</i>	Women with a diagnosis of cancer	<ul style="list-style-type: none"> • A supportive fitness program for women at any stage of cancer treatment or recovery • Individual exercise programs are developed for each participant based on goals and a fitness evaluation • Cost = \$115 (subsidy is available) 	<p>City of Kamloops Exercise Specialist Coordinator</p> <p>250 828-3742</p>
	True Nth Lifestyle Management Program Physician's approval may be required based on pre-participation phone screening	Program developed for men with prostate cancer Men with all cancer diagnosis are welcome	<ul style="list-style-type: none"> • Evidence-based physical activity and stress reduction resources. Curriculum developed by University of Calgary. Online platform provides stress management and nutrition support. • Yoga Program • Strength Program 	
	Kamloops Cancer Connection	Support services people in Kamloops with cancer	<ul style="list-style-type: none"> • A collective group of practitioners and support service providers • www.kamloopscancerconnections.ca 	
Arthritis	Arthritis Society	Arthritis & Joint Replacement (pre/post surgery)	<ul style="list-style-type: none"> • Education for Osteoarthritis • Classes offered frequently. For upcoming events please visit www.arthritis.ca 	<p>Arthritis Society</p> <p>604. 714.5550</p> <p>1-866-321-1433 (toll free)</p>
Neurologic	Living with Stroke™	Stroke	<ul style="list-style-type: none"> • For stroke survivors and their caregivers • A healthcare professional leads the weekly, two-hour support and education meetings over 8 weeks. 	<p>Call 1-888-473-4636 to find a program in Kamloops</p>
	Power over Parkinson's Self or Physician's referral	Parkinson's	<ul style="list-style-type: none"> • 8 week exercise program led by IH Physiotherapists and YMCA Fitness Leaders • Must be assessed by community Physiotherapist prior to participation 	250 851-7963
Chronic Disease Self-Management	<input checked="" type="checkbox"/> TCC TRACK PASS <ul style="list-style-type: none"> • Cost = \$19.45/ month (incl tax) (subsidies available) • Track is available for people to work on their independent exercise plans: <ul style="list-style-type: none"> ○ Track Walking; EZ-line equipment; Exercise bikes 			<p>TCC front desk</p> <p>250 828-3655</p>
	<input checked="" type="checkbox"/> Chronic Disease Self-Management Program (The University of Victoria) <ul style="list-style-type: none"> • no cost http://www.selfmanagementbc.ca/ • Provide an overview of living a healthier life with chronic conditions. 			<p>Call toll free:</p> <p>1-866-902-3767</p>
	<input checked="" type="checkbox"/> Exercise Support for IH graduates: (Cost = TCC track pass) And the Beat Goes On (ATBGO)- Ongoing exercise program for graduates of the VIP Breathe On - Ongoing exercise program for graduates of Pulmonary Rehabilitation			<p>City of Kamloops Exercise Specialist</p> <p>250 828-3742</p>
	<input checked="" type="checkbox"/> Bounce Back: Offers community based self-help strategies to improve the mental health The project is led by CMHA BC Division and funded by the BC Ministry of Health Services.			bounceback.ca

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