

How the National Lung Health Framework's Database Can Help You

Many programs and initiatives currently listed in the National Lung Health Framework's **Respiratory Resources Canada (RRC)** database promote strong partnerships, develop and apply best practices, and may be implemented in your area.

Educators and health care professionals are eager to cooperate by sharing their experiences. Your health region, organization, or program may benefit from the experience of others. By connecting with successful programs, children's programs can be established more quickly and more successfully than if they were developed in isolation.

- Patient education reduces hospital visits
- Supporting patients to understand their lung disease improves their quality of life

The Challenge

Today, lung disease

- affects one in five Canadians (six million in total),
- is responsible for the majority of emergency room visits, and
- causes one Canadian to die every 20 minutes.

Because respiratory disease encompasses many illnesses, any attempt to reduce its impact requires the involvement of many different levels of government, agencies, industry players, and people living with respiratory disease. It is complex and a number of approaches are needed to find and implement a solution. Only a coordinated effort can succeed.

The Response

The **National Lung Health Framework** is a Canadian initiative designed to improve lung health across the country by promoting collaborative and coordinated action among health care professionals, policy makers, researchers, clinicians, advocates and others.

Within the **National Lung Health Framework**, as it relates to patient support, key groups and individuals work together to achieve:

- Early detection and effective disease management that lead to improved health outcomes and quality of life for Canadians with lung disease; and;
- Enhanced coordination of research and surveillance that drive positive health outcomes and economic benefits.

HIGHLIGHTED PROGRAMS

Patient Support Programs are available in various places in Canada. Here is a small sample of successful programs in action, from the **Respiratory Resources Canada** database:

Roaring Adventures of Puff (RAP) Edmonton, Alberta

An innovative and creative set of games and activities for children with asthma to facilitate the learning of new skills and knowledge

- Instructor training and ongoing support are available online <http://raponline.ca/>
- Also offered in Manitoba and Ontario

Shawna McGhan, Alberta Asthma Centre
780-407-3175 smcgchan@asthmacentre.org

COPD Exercise Maintenance Program Ottawa, Ontario

Carefully designed and evaluated, this program creates the structure and support to sustain an exercise program following an education program.

- Seven classes offered each week; each 2-hour class session includes 45 minutes of weight exercises plus specialized, individual routines
- Social support within the group becomes strong and informal social support outside of sessions occurs regularly

Rosario Holmes, Ontario Lung Association
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HIGHLIGHTED INITIATIVES continued

Teenasthma.ca nationwide via internet

Web-based information for young teens provides straightforward information, unique games, and information on celebrities with asthma

- Target age range 10-13
- Section on ideas for school projects about asthma

Chris Haromy, Ontario Lung Association
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Living Well with a Chronic Condition Calgary, Alberta

A unique community-based program for people living with chronic conditions, including COPD.

- Participants have 3 options: Self-management, Education, or Exercise classes – they can attend one or more
- Program is based on the Stanford Chronic Disease self-management program, also in use across Canada

Kara Gill, Alberta Health Services
403-955-6891 Kara.Gill@albertahealthservices.ca

Taking Control of Your Asthma nationwide via internet

Takingcontrolofyourasthma.ca is a web-based education program for adults with asthma

- Developed in partnership with machealth.ca through McMaster University
- Allows participants to go through educational information at their own speed; system remembers where you left off if you leave and come back later
- Interactive sections help to solidify learning
- Includes printable resources

Oxana Latycheva, Asthma Society of Canada
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How You Can Make a Difference

If you would like to help make a difference and improve the lung health of Canadians there are things you can do.

Promote what is happening in your field and in your community. Share information about successful activities with others across Canada through the **Respiratory Resources Canada** database. The information will be seen by people across the country working in respiratory health.

Make it happen. Have you wanted to start a much-needed initiative in your community and were not sure where to get started or how to make it happen? Make use of **Respiratory Resources Canada**. It is a searchable database where you can find out what is happening all across Canada. You can also use the database to connect with individuals who can provide you with helpful information and share their own successes.

Go to www.lunghealthframework.ca for more information on the database and what it can do for you.

The National Lung Health Framework is chaired by and housed at The Lung Association, with the support of a multi-stakeholder Steering Committee.

Patient Support Makes a Difference

- *Knowledge is a powerful thing: If you have COPD, many things are available to help you live a full, comfortable life. I live by the motto “the more I do, the more I can do.” – Vivianne Toupin, Vancouver, BC*