CADRE DE TRAVAIL NATIONAL SUR LA SANTÉ PULMONAIRE
ÊTRE D'AVANT-GARDE. AGIR. ENSEMBLE.
NATIONAL LUNG HEALTH FRAMEWORK
LEADING. ACTING. TOGETHER.

INSPIRATION

Leading ~ Acting ~ Together

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The WHO estimates that worldwide 800,000 deaths per year can be attributed to air pollution

The National Lung Health Framework is a collaboration of stakeholders in lung health committed to the collective vision of excellent respiratory

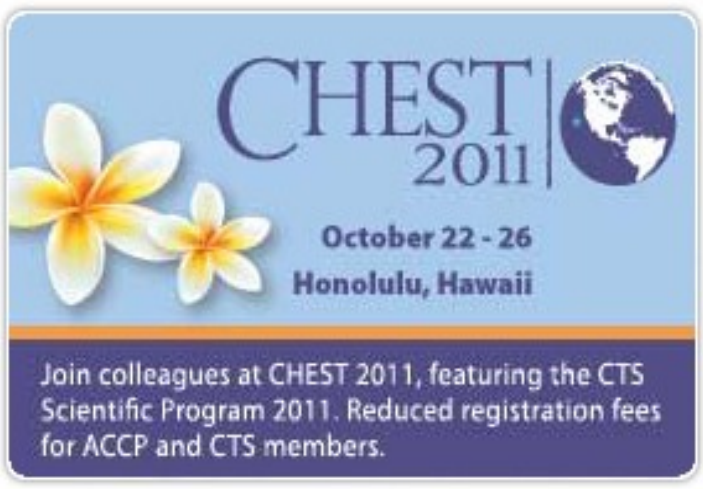
Canadian Respiratory Conference

Each year, the Canadian Thoracic Society, Canadian Respiratory Health Professionals, Canadian COPD Alliance and The Lung Association co-host the Canadian Respiratory Conference (CRC).

CRC is the premiere national educational and scientific meeting for the Canadian respiratory community. It is an outstanding educational and networking opportunity geared to the needs of our multidisciplinary community of respirologists and other physicians, allied health professionals and researchers.

The 2011 edition of the CRC was held on April 28 to 30; presentations and abstracts are now available online at Past and Future Conferences.

Mark your calendars for the 2012 edition in Vancouver, B.C., April 26 to 28. For additional information please visit www.lung.ca/crc



Air Quality Health Index (AQHI)

The AQHI is a new public information tool developed by Health Canada and Environment Canada in collaboration with provinces and key health and environment stakeholders. It is used to help Canadians protect their health, on a daily basis, from the effects of air pollution.

The tool is a scale that helps Canadians determine what their daily activities should be based on the current air quality around them. The goal is to help individuals protect their health by limiting their exposure to air pollution. Individuals can do this by adjusting their activity level based on current air quality levels.

The AQHI provides four types of information. First it provides a number between 1 and 10+ which indicates the health risk associated with the air quality. Second, it provides a category (low, moderate, high or very high health risk) associated with the number. Third, a health message that is customized to each category, for the general population and the 'at risk' population, is provided. Fourth, it provides a current hourly AQHI reading and maximum forecasted values for today, tonight and tomorrow.

The AQHI is not yet available in all areas. To see if it is available in your area please click here.

Smog and Asthma

Each year between April and September Canadians endure 'smog season'. For people living with asthma this time can be very difficult and dangerous. This results in an increase in hospital and doctor visits.

The term smog originally referred to a combination of smoke and fog, but today it describes a combination of fine particulate matter and ground level ozone. Smog can also include other harmful components such as nitrogen oxides, volatile organic compounds, sulphur dioxide and carbon monoxide.

Each year about 500 Canadians die from asthma, a condition characterized by inflammation in the air passages of the lungs. Asthma patients are highly affected by smog levels and it is important that they check the Air Quality Health Index (AQHI) and adjust their activity level accordingly.

To help reduce the effect of smog on asthma, asthma patients should work with their doctors to set up a personal asthma action plan as well as track their symptoms using the asthma diary card.

Community Corner

The National Lung Health Framework is pleased to announce the NEW Community Corner.

Check the Community Corner often to see what new reports, programs, studies, articles and resources are posted on the Bulletin Board. Items posted are submitted by respiratory stakeholders and are posted in the language submitted.

Also featured on the Community Corner are 'Upcoming Events' as well as links to the Respiratory Resources Canada database and the Lung Researchers Network.

If you have a report, program, study, article, resource or event you want to share, please send a short description along with a link to framework@lung.ca

To change your e-mail or end your subscription, contact framework@lung.ca

Lung Transplant Support Group

Patients who receive lung transplants experience pain, worry, anxiety, and anger. A support group in Sydney, Nova Scotia provides a way for patients to share their experiences with others who are on their own lung transplant journey.

For over 10 years, the Cape Breton Chest Clinic's lung transplant patient support group has helped patients deal with the physical, emotional, and logistical aspects of their transplant experience. Members of the group range in age from their mid-thirties to mid-seventies. Pulmonary fibrosis, alpha-1 antitrypsin deficiency, or COPD have deteriorated their lungs to the point where a transplant is necessary.

The support group is coordinated by Certified Respiratory Educator (CRE) Pat Steele, who organizes the group meetings, but who emphasizes to members that "it's your group, not mine". Pat arranges formal meetings four times per year. Members travel from all over Cape Breton to the meetings, and the group decides what to discuss each time.

As a CRE at the Chest Clinic, Pat watches as her patients progress to the stage where they are ready for their transplants. Doctors in Toronto use videoconferencing to help evaluate a patient's readiness. Patients have to be ill enough to require a transplant, but they must also be well enough to travel from Cape Breton to Toronto, be able to live independently and travel to their appointments. During the waiting period, patients meet with their Toronto physicians and therapists, as well as with other patients awaiting surgery. It can be a lonely and frustrating time.

Once a patient is put on the transplant waiting list and ready for the support group, Pat invites them to join. She often enlists a group member to meet one-on-one with the new person and members often continue to participate in the group long after their own transplants. Their stories provide new members with a sense of hope, as well as a realistic picture of what to expect.

Being part of a support group at home in Cape Breton makes it easier for patients to know what to expect during their waiting, preparation, post-surgery, and rehabilitation periods. Group members encourage each other with cards, emails, and casual meetings outside of the group setting. As patient Lois Lewis says, "The Lung Transplant Support Group is a fantastic idea! I enjoy meeting the pre and post patients. We compare notes. We find out a lot of information that one may know and the others don't."

To learn more about this program as well as other Framework initiatives visit Respiratory Resources Canada at www.lunghealthframework.ca/rrc-e