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# lung health foundation

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Welcome to our first Lung Health Network Newsletter! Thank you for joining the Lung Health Foundation as it continues to work towards its goal of helping all Canadians breathe easier.

The intent of this newsletter is to be a place of connection – not only from Lung Health Foundation out to you, our valued healthcare professional and research partners, but also a space for you to engage and promote work that is important to you in the area of lung health. Over the coming months you will get to recognize a number of sections that we hope will help you navigate the content to what it is that interests you most.

If you have any ideas you would like to include, please reach out to Natalie Bennett directly at [network@lunghealth.ca](mailto:network@lunghealth.ca).

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## Impact

### A Brighter and More Active Future!

With the COPD ConnEx program, the Lung Health Foundation is bringing exercise into the homes and lives of those living with COPD.

*“With the help of my COPD ConnEx Kinesiologist, I have learned many new skills to incorporate into all areas of my life. I am more effective and efficient when exercising or doing household chores. I am now able to budget my limited energy more wisely, so I don’t feel so exhausted all the time. I am stronger physically and more confident in my ability to manage my basic needs.”*

This remote, at-home personalized exercise program offers a real opportunity for people to connect one-on-one with a qualified Kinesiologist and develop an exercise program and that meets their individual needs.

*“It gave me a new outlook on exercising because before the word exercise wasn’t in my vocabulary. I feel like I am stronger than I was before, I have an*

*easier time lifting groceries and things around the house. I really enjoyed doing the program remotely and in the comfort of my house. I could fit it into my schedule without too much interruption into my daily life. My kinesiologist was excellent, and I liked seeing her weekly.”*

In addition to the physical benefits, participants learning breathing and relaxation techniques that help manage their energy and improve their overall quality of life.

*“I managed to do things that I never thought I would be able to do with my breathing problem. I didn’t think I would be able to do some of the exercises I completed in this program. I learned a lot of things about myself in this program. I learned that I need to slow down, and I have to focus on my breathing. This has helped me control my anxiety, I know how to deal with things better and not get stressed out. I would recommend this to anyone. This is the best thing anyone can do for themselves. I didn’t know how to use Zoom before the program, I’ve learned a lot since and I like the fact I was able to do the program at home.”*

Staying motivated and feeling connected are key to longer term success, and COPD ConnEx incorporates these critical building blocks into the program. To learn more or make a referral, please email [patientsupport@lunghealth.ca](mailto:patientsupport@lunghealth.ca).

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## Implementation in Action

### COPD ConnEx

An exciting new partnership between the Lung Health Foundation, Willkin, and Respiplus emerged this past year when COPD ConnEx was launched. This program aims to create equitable access and improve a person’s ability to self-manage their COPD by providing the needed foundational elements such as functional exercise that is personalized, education and behaviour change tools.

Although effective, there are simply not enough pulmonary rehabilitation programs to meet the demand, and access to the programs that do exist is not equitable across the province. COPD ConnEx aims to make a difference by offering something different – it is:

*Remote*

*At-Home*

*One-on-One*

One session each week for 12 weeks, with an experienced and qualified Kinesiologist focusses on developing intrinsic motivation within each participant to create successful and sustainable behaviour change. COPD ConnEx helps people living with COPD:

- Improve strength, increase restricted movement and reduce pain and fatigue
- Relieve the anxiety that can be associated with engaging in certain tasks and activities
- Develop breathing techniques that allow them to manage more movement
- Feel more in control of their condition

*and ultimately improve quality of life*

The evaluation results from the pilot program were positive in all areas measured. With a 98% attendance rate for the duration of the program, improved test scores were seen in both the physical and the psychological measurement scales used in the program. We are now expanding into phase two of COPD ConnEx and hope to continue the reach of this impactful program!

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## Education Opportunities

**Finding our New Normal: Learning to live with COVID-19**  
Wednesday May 18, 2022 | 1:00pm - 2:00pm ET

Invite your patients and join yourselves to discuss all things COVID-19.

The emergence of new variants and changes in government mandates have created a lot of uncertainty for people who are living with lung disease.

**Dr. Amy Moore** will address some common concerns around COVID-19 and questions from the audience during this hour-long Zoom webinar.

[Learn more and register!](#)

## E-modules

Are you looking for Continuing Professional Education that you can complete online at your own pace?

Then access our free [online e-modules](#) on COPD, Spirometry, Asthma and more.

*We are here for you.*

Contact [pep@lunghealth.ca](mailto:pep@lunghealth.ca) to organize an educational event for your site.

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# Collaboration Opportunities

## Asthma and COPD Survey

Help focus our asthma and COPD work based on key barriers AND behaviours by [participating in our on-line survey](#). The results will shape the Lung Health Foundation's selection of education and implementation strategies to drive improvements in asthma and COPD. We are offering **\$25 electronic gift certificates** to survey respondents. Be sure to have your say!

[Survey](#)

## Respiratory Health Forum Planning

We want your input! Join our **Scientific Planning Committee** to help shape another exciting Respiratory Health Forum.

We are looking for volunteers across health disciplines and healthcare sectors to help us identify important skills and capacity building opportunities for healthcare professionals. If you are interested in being part of the Scientific Planning Committee, please reach out to [galfred@lunghealth.ca](mailto:galfred@lunghealth.ca) .

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# Policy in Action

## Lung Cancer Policy Forums - Get caught up at the links below

The Lung Health Foundation hosted two lung cancer focused policy forums in March moderated by CTV Medical Correspondent, Avis Favaro. In the discussions, leading experts brought forth solutions to addressing some of the biggest barriers to improving lung cancer outcomes in Canada.

### Session #1: Tackling Inequities in Lung Cancer Outcomes

Systemic issues have undeniably resulted in health disparities for certain communities living with lung cancer. While we know that rural, racialized and low-income groups suffer poorer lung cancer outcomes, there exists a gap in the policy solutions being designed and advanced to work towards diminishing these inequities. In this policy forum, **Dr. Ambreen Sayani, Dr. Christian Finley, and Jackie Manthorne** explore why disparities exist for specific communities, how profound these disparities are and what policies should be implemented to rectify them. [Watch it here.](#)

### Session #2: Building a National Diagnostic Testing Framework

While targeted therapies offer Canadian lung cancer patients hope of extended survival and improved quality of life compared to traditional cancer treatments, the testing needed to match lung cancer patients with therapies is not equitably accessible across Canada. **Dr. Brandon Sheffield, Dr. Stephanie Snow, and Dr. Barbara Melosky** speak to what the challenges are with funding and accessing diagnostic tests in Canada in this policy forum. In addition, they offer actionable recommendations for the federal government to ensure high quality testing is available to all eligible patients. [Watch it here.](#)

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# Research

## Breathing as One Breathing Breakthrough Challenge

The Lung Health Foundation congratulates Drs. Laurent Brochard, Antenor Rodrigues, Irene Telias, and Magdy Younes for receiving the Breathing as One Breathing Breakthrough Challenge award for their project "*A Strategy to*

*Improve Diagnosis and Management of Sleep Abnormalities in Patients with Chronic Obstructive Pulmonary Disease Exacerbations: The SIMPLIFY Project."*

To learn more about their project and the competition, please visit

[breathingbreakthroughchallenge.com](https://breathingbreakthroughchallenge.com)

## Research Interest Group

The distribution of the Breathing as One Breathing Breakthrough Challenge award marks the culmination of the old provincial research program at the Lung Health Foundation.

Over the course of 2022, the Lung Health Foundation will be pulling together a Research Interest Group to help guide the development of our new national research program which will:

- align with our five areas of focus:
  - Asthma
  - COPD
  - Lung Cancer
  - Infectious Respiratory Disease
  - Smoking/Vaping Cessation
  
- help us achieve impact against our five goals over the next five years:
  - to ensure that no one loses a loved one to asthma (reduction in deaths due to asthma)
  - to help people with COPD live their lives to the fullest by keeping them out of hospital (reduction in hospitalization due to COPD)
  - to give people living with lung cancer a fighting chance by eliminating the barrier of stigma (increase in survivorship)
  - to protect all Canadians against the impact of COVID-19, and ensure that older adults don't lose their independence in life (improvement in vaccination rates)
  - to ensure future generations don't suffer the debilitating effects of lung disease (reduction in smoking and/or vaping rates amongst youth)
  
- expand the types of research we have traditionally funded to include behavioural research, targeted studies, digital health solutions, clinical trials, and demonstration projects

If you have any questions about the research program at the Lung Health Foundation or you'd like to volunteer to be part of the Research Interest Group, please contact Natalie Bennett at [network@lunghealth.ca](mailto:network@lunghealth.ca).

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# Help us Grow our Network

The wisdom and expertise of healthcare professionals dedicated to improving the lung health of Canadians have long guided the mission of the Lung Health Foundation. Help us grow our [Lung Health Network for Healthcare Professionals](#) by inviting your friends and colleagues to join.

Powered by the Lung Health Foundation, this network offers meaningful opportunity for healthcare professionals to collaborate and directly contribute to the design, delivery, and evaluation of strategies and policies to improve lung health in Canada.

The Network and its members are guided by the [strategic plan of the Lung Health Foundation](#) and are engaged throughout the Lung Health Foundation's work to ensure healthcare professionals' perspectives and insight contribute to impact and sustainable change.

We are building a community of passionate and dedicated healthcare professionals who believe lung health can and should be better for all Canadians.

Opportunities within the Network include:

- Leadership Roles
- Education Hub
- Research Hub
- Implementation Hub
- Health Policy Hub
- Speaker's Bureau

For more information and to join the Network, we invite you to visit [lungnetwork.org](http://lungnetwork.org)

[Join the Network](#)

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**Follow the Lung Health Foundation on Social Media!**



