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lung health foundation

Hello Network Members,

We are feeling the love this month with the return of in-person events including our Breathe! Bash and our 40th Better Breathing Week. It's was great to see you, and to remenice about the 40 years of memories we've shared.

We are excited to continue to share with you the programming we are doing including the launch of the Asthma Best Practices Implementation Toolkit. We are also well underway in the redevelopment of our research program, for which we have engaged stakeholders to gain insight into their needs and the value a reimagined program can bring to advance respiratory health research.

Coming up we have the following new opportunities for you:

- COPD Case Series Webinars - Mar 2 & 9
- Take the Pallium Canada - LEAP Lung Course to develop skills for integration of palliative care for your patients with chronic lung disease and/or lung cancer - Mar 1 & 3
- Caring for the Caregiver Webinar - Apr 19
- For your patients - Chance to participate in a study on the effects of temperature and humidity on COPD health outcomes

Let us know about any events, projects, tools, et cetera that might be relevant to the network. We will be happy to look at ways to promote the other activities you are involved in.

If you have any ideas you would like to include, please reach out to Natalie Bennett at network@lunghealth.ca.

Impact

2023's Breathe! Bash was a smashing success!

For the first time in 3 years, we were able to come together again to celebrate breathing breakthroughs at our Breathe! Bash.

While bathed in our brand colours beaming down from the CN Tower, we shared more about our exciting work, heard from our inspiring advocates and were able to raise \$110,000 towards our mission of improving the lung health of Canadians.

Thank you to those who joined us at Breathe! Bash. We couldn't have done it without you.

Better Breathing Week 2023

Better Breathing Week is the Lung Health Foundation's marquee annual event and represents our work in the national lung health space. During a week of programming, we explore new approaches to respiratory health, unveil critical research updates and discuss relevant case studies.

This year, we were especially pleased to mark two important milestones - the 40th anniversary of Better Breathing and a return to some in-person programming after a 2-year hiatus.

If you were unable to join us February 7-10, 2023, or if there was a session you missed, you can still [register](#) or [sign back in](#) to our virtual venue (*Eventmobi app, event code bbw2023*).

Browse the program below to learn about everything we explored in 2023.

**We hope to see you next year at our 41st annual
Better Breathing Week!**

[Scientific Program](#)

[Sponsored Program](#)

[Register to Access 2023 Recordings](#)

Did you attend the Lung Health Foundation's Better Breathing Week 2023?

We value your feedback!

Please take a moment to complete the conference evaluation [here](#) and help us continue to improve Better Breathing Week moving forward.

If you provide your contact information, you will be entered into a draw for a **chance to win** one of three Amazon gift cards, valued at \$50, \$75, or \$100.

[Better Breathing Week 2023 Conference Survey](#)

Implementation in Action

Asthma Best Practices Implementation Toolkit

The Lung Health Foundation is pleased to announce the launch of the Asthma Best Practices Implementation Toolkit – a one-stop-shop for clinical tools and resources to help healthcare professionals implement practices in alignment with asthma quality standards.

Are you interested in finding out more about the process behind Toolkit development? We encourage you to check out the recording of the session titled *“Concurrent A: Asthma Toolkit, a New Lung Health Foundation Resource”* presented by Dr. Alan Kaplan at our 40th annual Better Breathing Week Conference.

[Access Webinar Recording](#)

You can also explore the Toolkit on your own via our [healthcare professional focused website](#).

If you want to be involved in knowledge mobilization activities for the Toolkit, please reach out to Kristiann Man at kman@lunghealth.ca.

Education Opportunities

COPD Education Series

Part 1: Diagnosis and Assessment of COPD

Date: March 2, 2023 | 7:00 PM ET

Presenter: Dr. Christopher Allen, BM, FRCPC, FRCP, Firestone Institute for Respiratory Health, Hamilton, Ontario

Learning Objectives

By the end of this session participants will be able to:

- Identify risk factors in the development of COPD
- Recognize the importance of objective measures such as spirometry for diagnosing COPD
- Recognize the effect COPD symptoms have on patients
- Identify comorbidities of interest in COPD such as cardiovascular disease
- Explain the impact of exacerbation on disease trajectory and mortality in COPD

[Register Now](#)

Part 2: Treatment and Management of COPD

Date: March 9, 2023 | 7:00 PM ET

Presenters:

Dr. Anthony D'Urzo, MSc BPHE, CCFP FCFP

Dr. Michael Heffernan, PhD FRCPC FACC

Learning Objectives:

By the end of this session participants will be able to:

- Discuss COPD guidelines in the treatment and management of COPD
- Discuss ways to approach and differentiate dyspnea from COPD and cardiovascular disease
- Recognize the importance of eosinophils in COPD
- Explain the role of triple therapy in COPD with exacerbation and CVD risk
- Recognize mortality reduction as a treatment strategy for COPD
- Summarize patient case studies of COPD exacerbation with positive outcomes

[Register Now](#)

Pallium Canada - LEAP Lung Course

Mar 1 & 3, 2023 | 12:00pm - 3:00pm ET | Virtual, Interactive & Free

LEAP Lung is an interprofessional course that provides healthcare professionals with the skills and competencies of the palliative care approach. It includes course modules and case studies contextualized to the respirology care setting.

Learning Outcomes

Upon completion of LEAP Lung, learners should be able to:

- Define palliative care and identify patients who will benefit from it
- Identify our own biases and understanding, misunderstanding and biases towards palliative and end-of-life care
- Provide person-centred, compassionate care
- Undertake advance care planning (ACP) and goals of care discussions
- Apply ethical decision-making
- Identify, assess and manage symptoms and needs at a palliative care approach level
- Identify and address psychological distress, social needs, and spiritual needs
- Ensure good transitions of care between care settings
- Manage patients in the last days and hours
- Address requests to hasten death and for MAID

Accreditation

This two-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to **28 Mainpro+® credits**.

This event is also an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of **14.0 hours** (credits are automatically calculated).

For more information visit <https://www.pallium.ca/course/leap-lung>

To register, please email Gloria at galfred@lunghealth.ca

Caring for the Caregiver Workshop

Date: April 19, 2023 | 12:00 PM -1:30 PM EST

Whether you are caring for a family member, friend, or client, being a caregiver can be physically and emotionally demanding. We will be hosting a workshop designed just for caregivers where you will learn practical tips and strategies for managing the physical and emotional aspects of caregiving.

Our host is Marcia Buhler, a Registered Psychologist, and she will cover a range of topics including:

- Compassion fatigue and burnout
- Evidence-based self-care strategies
- Skills to cope with compassion fatigue and burnout

This will be an interactive workshop and there will be lots of opportunities to ask questions and connect with other caregivers in a supportive and understanding environment.

[Register Now](#)

Collaboration Opportunities

Join our study on the effects of temperature and humidity on COPD health outcomes.

Please help us recruit for the following study by sharing the information below or **this flyer** with your patients:

Study title: Testing the Effects of Temperature & Humidity on Individuals with Chronic Obstructive Pulmonary Disease (COPD) in the ACE Facility Climatic Chamber

Principal Investigator: Mika L. Nonoyama, RRT PhD

Are you an individual with COPD and have difficulty with extremes of weather (temperature and humidity)?

Consider participating in our study.

What is the study about?

We are interested in learning the direct effects of different temperature and humidity extremes on your health outcomes (walking distance, lung tests, vital signs, shortness of breath).

Who can participate?

We are looking for individuals aged 40 years and older, diagnosed with COPD, and living in the Greater Toronto Area.

What's involved?

At least 2 days of testing in Ontario Tech University's ACE Facility Climatic Chamber (City of Oshawa) in 5 different weather conditions:

18°C & 50% relative humidity (RH)

-28°C & 37% RH

-28°C & 95% RH

+28°C & 37% RH

+28°C & 95% RH

Are there benefits to participating?

There are no direct benefits to participants, but it may help create a foundation for extreme weather-related COPD management programs.

Participants will be given a \$50 gift certificate for each visit, plus parking, in recognition of their contribution.

Interested?

Click this link <https://qrco.de/bbj0WZ> to learn more or contact:

Mika Nonoyama

905.721.8668 ext. 5329

Mika.Nonoyama@ontariotechu.ca

Policy in Action

Lung Cancer Screening Programs – Global Insights and Challenges

Next month, the Lung Health Foundation will be hosting a virtual webinar on *Lung Cancer Screening Programs – Global Insights and Challenges* where leading global experts will come together in a panel to discuss case studies, limitations and best practices associated with the adoption, and implementation of lung cancer screening programs around the world. Stay tuned for more information on key speakers and moderators participating in the upcoming webinar.

About LHF Policy Forums

LHF Policy Forums tackle some of the most urgent and pressing issues facing our healthcare system today, setting change in motion by bringing together local and global thought leaders from the public and private sectors to develop creative and

actionable policy solutions and key recommendations that will improve the healthcare system for all Canadians.

For more information, please contact Mariam Razi, Director of Public Affairs at mrazi@lunghealth.ca

Research

The Lung Health Foundation is redeveloping its research program to ensure alignment with a national focus and a new strategic plan. As there are many important stakeholders in the lung health space, we have been conducting stakeholder consultations to gain insight into what a newly imagined research program could look like.

It is important to the Lung Health Foundation to take the time to engage with research stakeholders, healthcare professionals, people with lived experience and decision makers to:

- understand gaps in lung health research
- expand the scope on the type of research that should be funded
- develop sound program processes
- develop a sustainable funding model, and
- ensure alignment with a national lung health agenda

In January and February of this year, 17 stakeholder interviews were conducted and an in-person consultation session was held at this year's Better Breathing Conference. Most of the consultations to date have been with lung health researchers but we will also be seeking perspectives from funders, other health charities, and donors. There will be additional opportunities to provide feedback over the next few months and what will emerge from this effort is a research program built for the future and set up to deliver on our mission to improve the lung health of Canadians.

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 and Researchers** 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

[Join the Network](#)

Follow the Lung Health Foundation on Social Media!



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Lung Health Foundation
18 Wynford Drive
Suite 401
Toronto, Canada
416-864-9911
network@lunghealth.ca