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lung health
foundation

Hello Network Members,

As winter turns to spring, there are some exciting things happening at the Lung Health Foundation.

We are excited to continue to share with you the programming we are doing including our Community Programs such as our Fitness for Breath sessions and Support Groups, and our presentation on our Quash program at the National Indigenous Community of Practice Gathering. We have also begun our COPD campaign and continue with the redevelopment of our research program.

Coming up we have the following new opportunities for you:

- Policy Forum - Lung Cancer Screening Programs – Global Insights and Challenges - Mar 29
- Caring for the Caregiver Webinar - Apr 19
- GOLD International COPD Conference - Nov 13-14
- Caring Virtually: A Virtual Care Oncology Patient Study

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.

Policy in Action

Policy Forum: Lung Cancer Screening Programs – Global Insights and Challenges

March 29, 2023 | 10:00am – 11:30am ET | FREE and virtual

On Wednesday, March 29, the Lung Health Foundation will be hosting a FREE and virtual webinar on [Lung Cancer Screening – Global Insights and Calls to Action](#) where leading global experts from the US, UK and Canada

will come together in a 90-minute 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.

The audience will include global opinion leaders in the lung health space, provincial and federal Members of Parliament, government officials, healthcare providers, patient advocates, as well as local and international healthcare partners and stakeholders.

[Register Now](#)

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.

Caring Virtually: A Virtual Care Oncology Patient Study Are you interested in participating in an online study?

Our partners at Caring Virtually are looking for interested individuals to participate in a one-on-one, phone-based, semi-structured interview about their experience with using virtual care as part of their cancer care during the COVID-19 pandemic.

The phone-based interview will be about 30 minutes - 1 hour long and will include some demographic questions as well as questions about your experience with using virtual care.

An honorarium of **\$100** will be provided to interview participants in recognition of their contribution to the study.

Your name and other identifying information will not be included in the study data. The interview data will be completely deidentified to protect your privacy and confidentiality. The phone interview will be recorded and then transcribed for data analysis by the researchers, however, rest assured that your name and

identifying information about you will not be on the recording and will not appear in the transcript.

Additionally, recordings are deleted immediately after they are transcribed, and all transcripts are stored on a secure server that only the study team can access.

If you are over the age of 18, living in Canada, and you have been diagnosed with cancer, and you are interested in participating in this study, please complete a short intake questionnaire and a member of the study team will be in touch with you to schedule your interview. Please note that only participants selected for an interview will be contacted.

You can access the intake questionnaire online here at this link:

<https://www.surveymonkey.com/r/caringvirtually>

Alternative options for accessing the intake questionnaire You can also click on this link to download a printable version of the intake questionnaire: (intake.caringvirtually.com). You can fill it out and email it to (CaringVirutally@protonmail.com).

Alternatively, you can call the number below during operating hours, and you can talk to a researcher about scheduling an interview. You can also text this number if you choose. [+1 647-948-9708](tel:+16479489708) [1-877-842-0637](tel:18778420637) (Toll-free).

Impact

Community Program Updates

Lung Health Foundation's first ever hybrid seminar!

On January 17th, the Lung Health Foundation hosted a hybrid educational event for primary care professionals. The in-person portion was held at the Holiday Inn Express in Sault Ste Marie, Ontario, while healthcare professionals from all across Canada were able to join simultaneously online.

Topics covered included:

- Lung Cancer for Primary Care presented by Dr. Stephanie Snow
- Spirometry Interpretation presented by Dr. Gregory Berg

View a recording of the Lung Cancer presentation [here](#).

Fitness for Breath: Virtual

Fitness for Breath is a virtual exercise maintenance program for people living with lung disease. The program is run in partnership between the Lung Health

Foundation (LHF) and the Abilities Centre with the goal of helping the participants increase knowledge of fundamental movement skills and experience the health-related benefits of suitable exercise.

"I have enjoyed the fact that it is a virtual program and that I don't need to travel for hours...the greatest impact of the exercise for Fitness for Breath is a sense of improvement, flexibility, balance, strength and coordination...I now have the strength that I didn't have a year ago." – JT

We are happy to announce that we have added a third virtual Fitness for Breath class and have increased our class sizes to twenty. We encourage you to learn more about our virtual Fitness for Breath program [here](#).

Fitness for Breath: In-Person

The Lung Health Foundation believes that access to quality lung health programming is crucial for those living with lung disease. We have partnered with the Sault Ste Marie community to launch an in-person Fitness for Breath program at the YMCA. This program runs every Tuesday and Thursday from 12:00pm – 1:00pm ET.

For more information on registering for this program, email cassie.guy@ssmymca.ca. The LHF will also be supporting this program by launching a community support group. For more information on this support group, please contact [Sara Han](#) at shan@lunghealth.ca.

Peer Support Groups

Since the Fall of 2022, we have shifted our National Chronic Lung Disease Peer Support Programming from a phone-in program to a combined virtual face-to-face and phone-in program. We have received positive feedback from our group members and our facilitators have also felt increased engagement and participation. Our LHF certified respiratory educators (CREs) co-facilitate the monthly meetings either presenting a topic of interest or facilitating a guest speaker of choice.

"That was an awesome session this morning. Loved the way it was organized. And attendees today were very respectful of each other in group setting."

"That was a great meeting ... both the presentation material and discussion. lots of helpful info and ideas for me!"

For more information or to join our support group, please visit our website [here](#).

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

National Indigenous Community of Practice

At the end of February, LHF had the opportunity to present at the National Indigenous Community of Practice Gathering in Victoria, British Columbia. Since 2015, the National Indigenous Diabetes Association (NIDA) coordinates a Community of Practice (CoP) for the Projects that are funded through Canada's Tobacco Strategy (CTS). On an annual basis, NIDA has been facilitating CoP meetings which include an annual Face to Face (F2F) Gathering to bring everyone together to share their work, network, and to learn about projects and initiatives from across Turtle Island. Returning as an in-person event this year, the gathering aimed to promote information and knowledge sharing, support the development and implementation of comprehensive tobacco control projects that are wholistic, and socially and culturally appropriate.

This year, the topic at the Face-to-Face Community of Practice Gathering focused on Approaches to Smoking Cessation in Youth, and such, LHF was invited to present on the Quash program. Throughout the two days of the gathering, there was rich and insightful discussions including how to best adapt the Quash program and ally facilitator training to best meet the needs of Indigenous youth across Canada.

Education Opportunities

Please pass along the following information to anyone it could benefit:

Caring for the Caregiver Workshop

April 19, 2023 | 12:00pm - 1:30pm ET

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](#)

COPD Education Series Webinars

Thank you to all those that attended the COPD educational series brought to you by the Lung Health Foundation through a supportive grant from AstraZeneca.

The following two sessions were held:

- Part 1 - Diagnosis and Assessment of COPD, presented by Dr. Allen on March 2, 2023
- Part 2 - Treatment and Management, presented by Dr. D'Urzo and Dr. Heffernan on March 9, 2023

If you missed the session, it's not too late!

[Archived Recording](#)

2023 GOLD International COPD Conference

November 13-14, 2023 | Hilton Philadelphia at Penn's Landing

Mark your calendar for the 2023 GOLD International COPD Conference. Don't miss out on the most recent strategies on COPD.

Day 1 will cover the clinical application of new GOLD guidelines communicated through case studies and didactic lectures.

Day 2 will be presented in a hybrid format with in-person sessions virtually simulcast to a global audience of healthcare providers involved in the care and management of patients with COPD.

More information [here](#).

[Register Now](#)

Collaboration Opportunities

COPD Campaign

March 13 – April 13, 2023

Please help us spread the word about COPD by disseminating or displaying **this flyer** and/or forwarding this message below to anyone you know who might benefit:

Through our *Helping the Missing Million* project in 2018, we found out that 1.6 million Canadians have COPD and don't even know it.

**Shortness of breath can
be a symptom of COPD.**



Get all the facts.
Visit 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, 19 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.

Please note that the Research section of the website is currently being revamped in line with research program re-development. A call for a grant from Lung Health Foundation, Lung Cancer Canada, Association pulmonaire du Quebec and Pfizer will be posted in early April.

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](#)

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