



Hello Network Members,

Can you believe we're fast approaching the halfway point of 2023? Things are really heating up as we head into early summer.

Lately, the Lung Health Foundation has:

- Supported the introduction of a bill to limit vaping products from reaching children
- Commemorated the passing of Ryan's Law, the legacy of Ryan Gibbons
- Launched our Quash Community of Practice – **join below** !
- Begun to pull together our Research Working Group
- Contributed knowledge and materials at Sunnybrook, Hamilton Health Sciences Annual review and the Pri-Med Conference
- Hosted a workshop to support caregivers cope with compassion fatigue and burnout
- Updated our respiratory medication reference and poster

Resources available below!

Over the next few months, be sure not to miss:

- **June 1** – 7th Annual Forum on Nicotine Addiction: Toward a Nicotine-Free Life!
- **June 8** – Spirometry Interpretation Workshop
- **July 4** – deadline to submit your abstracts for the Respiratory Health Forum
- **July 31** – deadline to apply for the 2023-24 Graduate Research Award
- **Sept 30** – deadline to apply for the 2023 Geoffrey Ogram Memorial Research Grant
- **Nov 13-14** – 2023 GOLD International COPD Conference

Make sure to scroll down for all the details!

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

Sunnybrook Visit

The Lung Health Foundation's Programs team has been busy this Spring meeting both healthcare professionals and people living with lung conditions in the community. Onai and Sara from the Community Programs and Partnerships team were recently invited to Odette Cancer Centre at

Sunnybrook Health Sciences Centre in Toronto to speak to and promote our programs and resources to patients and caregivers on lung cancer clinic day.

Odette has a Patient Education and Research Learning Centre (PEARL) that provides patients with information, resources and education classes to support patients and caregivers. We were able to highlight our lung cancer specific patient supports including peer support groups, exercise classes and our printed resources including our **Coping with Lung Cancer** booklet.

In addition to the opportunity to promote our programs at Sunnybrook, our Programs team has also exhibited at the Hamilton Health Sciences Annual review event and the Pri-Med Conference for primary care providers.



Caring for the Caregiver Workshop

We recently hosted a successful Caregiver Workshop facilitated by Marcia Buhler, a Registered Psychologist. The workshop was designed for healthcare

professionals as well as family members. She covered a range of topics including:

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

Symptoms of caregiver burnout:

- Strong desire to leave the profession
- Substance use
- Anger on the job or at the “system” or towards colleagues or loved ones.
- Constant complaining
- Commiserating with discontented colleagues
- Loss of empathy, respect, or positive feelings toward others
- Depersonalization (referring to them in a derogatory way)
- Increased absenteeism

Some of the coping strategies suggested:

- Mind the body- eat a health diet, get adequate sleep and exercise.
- Nurture relationships outside work and cultivate a support network.
- Know your limits.
- Attend to internal dialogue-challenge self-criticism and self doubt and be compassionate and gentle with yourself.
- Participate in Healthy Escapes -practice meditation and mindfulness or journaling.
- Cultivate meaning and purpose-reflect on why we are doing what we are doing.

Helpful Tools:

- **Professional Quality of Life Scale Version 5 (ProQOL) (2012)**
- **Self-Care Assessment Worksheet**

Implementation in Action

Respiratory Medication Reference and Booklet

We've recently updated our **respiratory medication reference** and **respiratory medication poster**, that provide information regarding use, strength, and coverage.

We encourage you explore all of the useful resources we've made available for your reference by visiting (and bookmarking!) our **Healthcare Professionals and Researchers website** at <https://hcp.lunghealth.ca> .

(To find the respiratory medication references via navigation, select *LHF Clinical Tools* from the *Programs & Tools* menu and then scroll down. You'll find them under the heading *Other Respiratory Illnesses*)

Asthma Best Practices Implementation Toolkit

Calling all primary and community healthcare providers – are you caring for children or adults with asthma? The Lung Health Foundation has developed 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 in the areas of:

- Diagnosis
- Asthma Control
- Asthma Medication
- Self-Management Education and Asthma Action Plan
- Referral to Specialized Asthma Care
- Follow-Up After Discharge

Our Toolkit contains over 45 evidence-based, linked tools and is entirely free to use. Take a look at the Toolkit here, on our **healthcare professional focused website!**

Education Opportunities

Call for Respiratory Health Forum Abstracts

Application Deadline: July 4, 2023

We're inviting those working in innovative, evidence-based primary care or community care programs and initiatives related to lung health to submit an expression of interest to present a virtual and interactive presentation at the Lung Health Foundation's **Respiratory Health Forum on October 12, 2023**.

The audience is primary and community care healthcare professionals from across Canada.

While you're welcome to submit for any topic related to lung health, attendees have expressed interest in learning about:

- Management of patients aging at home with chronic lung disease
- Asthma in children –trends since COVID or more broadly, viral infections and children in schools
- Environmental impact of asthma medications
- Severe asthma; the role of biologics
- Update on virtual care and Spirometry during COVID
- Smoking, E-Cigarette and Vaping addiction –the role of primary care in cessation
- Use and trends in vaping during the pandemic

[Learn more](#)

Spirometry Interpretation Workshop

Thu June 8, 2023 | 10am - 11am ET | Free Virtual Learning Event

Join us for a three-part webinar covering:

- *Resumption of Spirometry Testing and Safety Considerations* with Dilshad Moosa, RRT, CRE, MASc, FCSRT
- *Spirometry Ins & Outs: Technical Aspects of Spirometry Testing* with Dilshad Moosa, RRT, CRE, MASc FCSRT
- *Spirometry Interpretation & Case Studies* with Andrew Kouri, MD, FRCPC

We look forward to seeing you there!

[Register Now](#)

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

Announcing the launch of our Quash Community of Practice

It's been two years since the **Lung Health Foundation** launched Quash on World No Tobacco Day – May 31st, 2021. Two years later, we're happy to report that the **Quash app** has been **downloaded over 3,500 times** across Canada, with more than 71,000 Canadians visiting the **Quash website!**

We wanted to take occasion to reach out to you and share an exciting program update **launching today** for our valuable partners across Canada – the **Quash Community of Practice!**

This online Community of Practice is an opportunity for Quash Facilitators, partners, and stakeholders to connect, share their experiences about implementing the Quash program and get the newest program materials such as promotional assets.

[Join the Quash Community of Practice!](#)

7th Annual Forum on Nicotine Addiction: Toward a Nicotine-Free Life!

Thu June 1, 2023 | 8:30am - 4pm AT | Free Virtual & Bilingual Learning Event

Watch Erin Dufour, the Lung Health Foundation's Manager of Implementation of the Quash Program present at 9:50am AT on *Quash: Present and Future Potential for a Youth Smoking and Vaping Cessation Program*.

To fully participate in the interactive portion of this session, please download the [Quash app](#) on your mobile device prior to attending.

Promoted by the New Brunswick Anti-Tobacco Coalition, this forum will allow health professionals to acquire new knowledge and skills to better support people living with nicotine addiction, including:

- Mental health and nicotine addiction: nicotine use in conjunction with substance abuse
- Women's health in relation to nicotine addiction and how the menstrual cycle can play a role in smoking cessation
- Demonstration of an app to help stop vaping, how to refer patients addicted to vaping, and how to use the app

- Coaching smokers after their discharge from hospital based on best practices
- Reflections and recommendations from an expert on current tobacco and vaping policies
- Smoking cessation at oncology points of service: what does success look like at the clinical level? Challenges, experiences and lessons learned
- Weight gain after smoking/nicotine cessation, practical tips

[View Agenda](#)

[Register Now](#)

Policy in Action

Press Conference for the Bill *Vaping is Not for Kids*

On April 26, the Lung Health Foundation stood with our partners at the Alliance for a Tobacco Free Ontario and MPP France Gélinas at a press conference as she reintroduced her Bill “ *Vaping is not for Kids*”.

Gélinas' Bill would prohibit the promotion of vaping products, restrict sales to specialty shops, bump the minimal legal age to 21, require Ontario Health to prepare an annual report on vaping usage and its health effects and set tax money aside for research and health promotion. This bill would also ban online sales of vaping products.

8-year Anniversary of the passing of Ryan's Law

On May 18, our CEO, Jessica Buckley, was at Queen's Park as MPP Rob Flack recognized May as Asthma Awareness Month, honoured the 8-year anniversary of the passing of Ryan's Law, and commemorated the legacy of Ryan Gibbons.

In 2012, 12-year-old Ryan Gibbons suffered an asthma attack while at school and couldn't access his inhaler. His tragic death resulted in the passing of Ryan's Law, which mandates that students should be allowed access to their inhalers and that schools must develop and maintain asthma policies and procedures to protect asthmatic students better. MPP Flack took the time to recognize the advocacy work of Sandra Gibbons, Ryan's mom and the Lung Health Foundation in protecting Ontario students living with asthma.

[Read our Press Release](#)

[Watch the Members' Statements](#)

Research

Update - Research Program Re-Imagined

We are moving full steam ahead with redeveloping the research program to better align with Lung Health Foundation goals and support the research community in Canada.

After months of stakeholder consultations and building research capacity internally, we are ready to develop our Research Working Group (RWG) to

support program development. The RWG will consist of internal LHF staff and researchers across the country and is charged with developing grants and granting processes.

Upcoming activities:

- In June, we will seek feedback from the LHF Board on program direction and the funding model
- Over the summer, we will be conducting Phase 2 of stakeholder consultations to include feedback from donors, patients and government
- The RWG will meet twice before the end of the year to develop the grants to be awarded this fiscal
- By mid-fall, we aim to launch the first round of funding opportunities (coinciding with Breathe Bash)
- By mid-winter, we aim to launch a second round of funding opportunities (coinciding with Better Breathing Week)

We are excited to begin our journey towards a new national research program for lung health. We hope many of you will consider being a part of this process as your support is essential to ensure the success of the new program. If you would like to be involved, please join the Research Hub by:

1) Signing into the **portal for our Lung Health Network for Healthcare Professionals & Researchers**

2) Navigating to the " *My Profile*" area under the " *My Account*" menu

3) Filling out the form entitled " *LHF Network member (Healthcare Professional) Profile*"

If you have any questions, please do not hesitate to get in touch with us by writing to **network@lunghealth.ca** .

In the Press

We are pleased to disseminate news of publications arising from projects previously funded by Lung Health Foundation research awards. This month we have:

Characterizing and Overcoming Barriers to Access of Specialty Care for Patients with Lung Cancer in Southeastern Ontario, Canada - Shahad AlGhamdi, Weidong Kong, Michael Brundage, Elizabeth A. Eisenhauer, Christopher M. Parker, and Geneviève C. Digby

Curr. Oncol. **2023**, 30(5), 4880-4896;
<https://doi.org/10.3390/curroncol30050368>

Do you have a recent publication related to our five foci (Asthma, COPD, Lung Cancer, Smoking/Vaping Cessation, Infectious Respiratory Disease) you'd like to share? Please send it our way!

Two Current Research Funding Opportunities

Applications for the 2023 Geoffrey Ogram Memorial Research Grant are now open!

The GOMRG supports advancement in lung cancer research programs relating to the **early detection and etiology of lung cancer**.

Up to two grants of \$25,000 CAD each will be awarded this year.

Application deadline: Sept 30, 2023.

[Learn More and Apply](#)

Applications are now open for the 2023-24 Graduate Research Award!

Each year, Visiting Homemakers Association (VHA) sponsors promising **young scientists** to engage in research that will diversify capacity and expertise in the homecare and community sector.

Interested candidates must be enrolled or accepted into a full-time Master's or PhD program.

Application deadline: July 31, 2023

[Learn More and Apply](#)

Our Network

New online platform coming soon!

The Lung Health Foundation is poised to launch a new interactive online space hosted on **TimedRight**, where members of our Network for Healthcare Professionals and Researchers can share information, network with peers, access resources and learn about upcoming events hosted by the Lung Health Foundation and other experts in the lung health space. Look for more details coming soon!

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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