

lung
health
starts
now



lung health
foundation

Hello Network Members,

We hope you are safe and well.

There are some exciting things happening at the Lung Health Foundation that we have shared below.

- We are recruiting for a number of positions including clinical lead and working groups – we would love to have Network members involved!
- We've partnered with Choosing Wisely Canada to offer virtual and free workshops on Spirometry coming up in June.
- We've also included a brief update on our Research Program.
- Network members have also asked for more opportunity to be engaged in policy efforts at the Lung Health Foundation so we've continued to include content in that space as well.

We encourage network members to let us know about any events, projects, tools, et cetera that might be relevant to the network. We are always happy to look at ways to promote the other activities you are involved in as well.

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

Take care everyone.

Impact

World Asthma Day

The Lung Health Foundation continues to recognize the importance of World Asthma Day. Celebrated on May 3, 2022, this year's theme was " *Closing the Gaps in Asthma Care.*"

Asthma is among the most common chronic diseases in Canada. Lung function testing is essential when suspecting asthma to confirm diagnosis. Yet, often, asthma is diagnosed based on symptoms and physical exam findings rather than with testing.

Recognizing that there are sometimes barriers to the use of lung function testing in patients with suspected asthma, the Lung Health Foundation, in partnership with Choosing Wisely Canada, has developed an educational workshop “*Spirometry Testing for Diagnosing asthma and COPD in Primary Care – The Why and The How.*”

The workshop is being held on three separate dates for your convenience and will establish the case for and the importance of spirometry testing for the diagnosis of asthma. The workshops are being held in coordination with the recently launched Choosing Wisely “Let’s Clear the Air” campaign. This campaign highlights, for clinicians and patients, the importance of and role of spirometry in asthma care to avoid unnecessary treatment and potential misdiagnosis.

A number of resources for clinicians and patients have been developed. Visit www.ChoosingWiselyCanada.org/Airways for more information.

You can learn more about the Lung Health Foundation’s upcoming spirometry workshops by visiting the [webpage](#) or scroll down to the **Education Opportunities** section below.

We hope to see you there!

Implementation in Action

Moving the Dial

Leveraging its experience leading the implementation of the Ministry’s Primary Care Asthma and COPD Program for almost 20 years, the Lung Health Foundation (LHF) has been focused on driving practice change at a primary care level to increase adoption of [Ontario Health’s Quality Standards](#). As a recent example, LHF formed a partnership with Minto-Mapleton Family Health Team (MMFHT) in 2021 to help improve the quality of asthma care delivered at their site. These processes included:

- **Process Co-design** – Determined with MMFHT their goals and an approach that works for them
- **Needs Assessment** – Conducted semi-structured interviews with MMFHT staff and worked with their decision support staff to identify

any practice gaps

- **Practice Analysis** – Developed a summary report identifying themes and gaps in relation to quality standards
- **Change Idea Development** – Co-designed realistic change ideas based on practice analysis

Now, in 2022, LHF is continuing its work with MMFHT, helping to implement some of the change ideas identified in the first phase of the partnership. This includes the delivery of provider and patient education and implementation of tools and resources to better align practice to quality standards.

If you are interested in implementation support to drive quality care or would like to know more about the services we provide, please contact: Sara Han, Provincial Coordinator, Primary Care Asthma and COPD Program at: shan@lunghealth.ca.

Education Opportunities

Spirometry Testing for Diagnosing asthma and COPD in Primary Care – The Why and The How

June 16, 21 or 29, 2022 | see times below | Virtual and Free

Lung Health Foundation is proud to announce the launch of the **Choosing Wisely's Let's Clear the Air** campaign to raise awareness about the importance of breathing tests for those with suspected asthma or COPD.

Let's Clear the Air campaign aims to encourage thoughtful conversations between clinicians and patients who have received a diagnosis of asthma or COPD. The goal of the campaign is to avoid unnecessary treatment and misdiagnosis that can occur without a proper breathing test. Some clinicians have access to in-office spirometry, but without trained personnel to conduct spirometry, high-quality testing is difficult to achieve. Interpreting results can also be challenging.

To help with this, the Lung Health Foundation has developed an educational webinar "*Spirometry Testing for Diagnosing asthma and COPD in Primary Care – The Why and The How.*" Offered on three separate dates for your convenience, the webinar will establish the case for, and the importance of, spirometry testing for the diagnosis of asthma and COPD.

Please select one of the dates below and register today! It's **VIRTUAL** and **FREE**.

**Thu June 16, 2022 | 12:00pm-
1:30pm ET**
Learn more and register!

**Tue June 21, 2022 | 12:00pm-
1:30pm ET**
Learn more and register!

**Wed June 29, 2022 | 4:00pm-
5:30pm ET**
Learn more and register!

If these dates don't work for you and you are interested in attending a future session please email galfred@lunghealth.ca .

Save-the-Date for the AFHTO 2022 Conference: Reconnect and Reimagine: moving forward together **Wednesday October 12, 2022**

Location: Hybrid - Sheraton Centre Toronto Hotel, 123 Queen Street West, Toronto, ON M5H 2M9

Primary care is the foundation of a high performing health system. This simple truth has been asserted and backed up by evidence again and again. But even self-evident truths can find it hard to gain traction in established systems. Unwieldy ships do not turn easily, even those prone to reform attempts which stall due to factors including built-in resistance to change and fragmentation. Over the past couple of years, we have seen the predictable results as the ship gets hit repeatedly by centennial waves.

If we have seen the results, we have also seen better possibilities, better futures. We have seen what proactive, responsive, and collaborative action can do. Team-based primary care and partners have stepped up, crew in a ship we need to steer towards safer shores. To do this we need to reconnect and reimagine, moving forward together.

[See the event webpage](#) for the latest updates and further information about the conference.

Registration opens in July!

Collaboration Opportunities

Asthma and COPD Survey

We need your expertise and insights!

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](#)

We're Building a Digital Asthma Toolkit for Canada. We Want Your Expertise!

In 2022, LHF has received project funding from AstraZeneca Canada to advance asthma care best practices across Canada through the development, promotion and delivery of an interactive digital implementation toolkit for primary and community care audiences.

To deliver this project, LHF will:

1. Review and distill best practices and key resources in asthma care
2. Develop and design a digital implementation toolkit, which functions as an interactive navigation platform for primary and community care organizations wanting to advance their asthma care practices
3. Drive awareness and adoption of the toolkit, through promotional and training efforts

This year, we're focusing on items 1 and 2 above, which are expected to be completed between June-December, 2022.

To scope and design the toolkit, and curate the list of resources (both existing LHF program tools and external tools) to be included in the toolkit, LHF is recruiting:

- A clinical lead to help deliver this project ([click to view posting](#))
- An advisory committee to guide this work ([click to view posting](#))

Please view the postings to learn more about these opportunities!

Better Breathing 2023 Planning

We want your input! Volunteer to join our **Scientific Planning Committee** to help shape another exciting Better Breathing Week.

We are recruiting for the following four (2) open positions on our 2023 Better Breathing Scientific Planning Committee:

- **Outside Ontario Respiriology representative** – a Canadian respirologist whose primary professional duties are performed outside of Ontario
- **Outside Ontario Healthcare representative** – a Canadian healthcare professional working in lung health that is not a physician (e.g. respiratory therapist, pharmacist, nurse, nurse practitioner, etc)

The terms of reference for this committee are **attached here**.

In brief, we ask that committee members:

- consider participating for a period of between two to five years
- make every effort to attend the 3 planning meetings prior to the start of the conference and the 1 debrief meeting after the conclusion of the conference
- invite the speakers they suggest and introduce them to the Lung Health Foundation representative who will handle all subsequent arrangements (sample text will be provided upon request)

If you, or someone you know, might be interested in joining our committee in one of these roles, please email Natalie Bennett at nbennett@lunghealth.ca with your suggestions, comments, or questions.

Policy in Action

Advocating for policies that protect the lung health of Canadians

The Lung Health Foundation is dedicated to ending gaps in the prevention, diagnosis, and care of lung disease in Canada. As such, we continue to advocate for policies that adequately protect the lung health of Canadians.

Smoking and Vaping Prevention

Smoking and vaping have negative impacts on the overall health and well-being of Canadians. This is especially relevant for young Canadians, for whom vaping and smoking risks are most pronounced. Unfortunately, recent survey results from Statistics Canada showcased that young adults displayed an increase in both vaping rates and nicotine use over the last year. ¹ Because of this, the Lung Health Foundation continues to advocate for policy changes that make vaping less attractive to young Canadians. In a recent submission to the Tobacco and Vaping Products Act consultation, the Lung Health Foundation advocated for:

- A ban on most flavouring ingredients, including mint/menthol
- Increased programs and supports that seek to help Canadian youth and other vulnerable populations in their quitting journey

Lung Cancer Screening

For patients with lung cancer, early detection is everything. Without screening and early detection, by the time lung cancer signs and symptoms develop, the cancer is usually too advanced for any curative treatment. Because of this, only about 19% of those diagnosed with lung cancer survive past the five year mark. ²

In order to give lung cancer patients a fighting chance, the Lung Health Foundation continues to advocate to establish comprehensive screening protocols across the country. While screening programs are now available in Ontario, British Columbia, and Quebec, there is still much work to be done in order to ensure that every Canadian at risk has access to life saving lung cancer screening and early diagnosis.

If you would like to become a lung health advocate, please visit:

<https://lunghealth.ca/lung-health-advocate>

References

1. Statistics Canada. (2022, May 5). Canadian tobacco and Nicotine Survey, 2021. Government of Canada. Retrieved from <https://www150.statcan.gc.ca/n1/daily-quotidien/220505/dq220505c-eng.htm>
 2. Lung Cancer Canada. (n.d.). Myths and facts. Retrieved from <https://www.lungcancerCanada.ca/Lung-Cancer/Myths-and-Facts.aspx>
-

Research

Updating the status of our over 60 active research projects!

Thank you to all of our currently funded researchers who have worked with us this past month to ensure we have an up to date status report on the funded work. We have over 60 active research projects on the go! The final close out of all projects has been confirmed for June 2023.

We are looking forward to profiling in the coming months the excellent work that the Lung Health Foundation funded research teams have achieved.

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.

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

[Join the Network](#)

Follow the Lung Health Foundation on Social Media!

