



Hello Network Members,

As spring turns to summer, we are keeping busy here at the Lung Health Foundation and have much to share with you. Below, you'll find information on:

- Our plans for our Research Program and posting for a Director of Research & Impact
- Better Breathing - 2022 Evaluation Summary and 2023 Planning
- COPD Remote Home Monitoring Demonstration Project
- Upcoming Educational Events including our Respiratory Health Forum - Save-the-Date and Call for Abstracts
- Policy work in the area of vaping and upcoming policy forum on digital health

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.

Please take care of yourself during this hot season.

Impact

Better Breathing Week 2022

The Lung Health Foundation's annual respiratory conference was held virtually over the week of January 24 - 28, 2022.

As one of the largest and longest-running respiratory events in Canada, this year's virtual programming brought together provider learning on issues that matter, patient empowerment and powerful policy discussions.

During a full week of talks and interactive presentations, we covered lung cancer, COPD, asthma, infectious respiratory disease – specifically COVID-19, the flu and pneumococcal pneumonia – and youth vaping and smoking cessation.

Over 1000 delegates registered. The vast majority were healthcare professionals working in community clinics, healthcare centres and hospitals, while one fifth were not healthcare professions, rather individuals living with lung disease or their close caregivers or family.

77% of the delegates resided in Ontario, with 15% from Toronto.

The evaluations revealed:

- The conference earned a score of "high perceived usefulness" (8.2/10) from the perspective of the individuals living with lung disease, their close caregivers or family, and "very high perceived usefulness" (9.5/10) from the perspective of the healthcare professionals.
- On average, the delegates agreed or strongly agreed that Better Breathing enhanced their knowledge, the learning objectives were realistic and met, the teaching/learning methods were effective, and the content was well-presented and relevant to day-to-day life.
- On average, the delegates rated all aspects of Better Breathing as above average (e.g., topics covered, speaker line-up, quality of content).
- COPD was the highest rated topic; however, the majority of delegates vocalized wanting to have more asthma-related topics in the future (it was voted as the most important topic in future).

We are now in the process of planning Better Breathing Week 2023. Look for details and a Save-the-Date soon!

Implementation in Action

COPD Remote Home Monitoring Demonstration Project with Oak Valley Health

The Lung Health Foundation (LHF) is partnering with Oak Valley Health (encompassing Markham Stouffville Hospital and Uxbridge Hospital) and Cloud DX—a virtual care company—to design and deliver an enhanced COPD remote home monitoring (RHM) model.

The demonstration project, which will follow the experience of up to 90 participants for 12 months, is intended to explore how the addition of peripheral client support programs can enhance the RHM experience and help them achieve better outcomes.

While still in the planning phase, the intended approach is for Oak Valley Health's COPD RHM participants to be referred for virtual visits with LHF's in-house Certified Respiratory Educators, where they will receive personalized education based on their individual needs, as well direct connection to further complementary programming—including a peer support and education group facilitated by LHF and exercise maintenance program offered by Oak Valley Health.

The project is set to launch in summer 2022.

Education Opportunities

Respiratory Health Forum

Tue Oct 25, 2022 | 8:50am - 4:00pm ET | Free Virtual Learning Event

Call for Abstracts – NOW OPEN

Application deadline: July 4, 2022

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 25, 2022. The audience is primary and community care healthcare professionals from across Canada.

Presentation Ideas

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

Visit hcp.lunghealth.ca/rhf to learn more.

[Submit application](#)

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

Wed June 29, 2022 | 4:00pm - 5:30pm ET | 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.

If the date doesn't work for you and you are interested in attending a future session, please email Gloria at galfred@lunghealth.ca

It's **VIRTUAL** and **FREE**.

[Learn more and register!](#)

Finding Our New Normal: Learning to Live with 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.

On May 18, 2022, **Dr. Amy Moore** addressed some common concerns around COVID-19 and took questions from the audience during this free hour-long Zoom webinar.

Missed it? You can catch up now on your own time with no charge at <https://www.youtube.com/watch?v=Xc6NeClIcg&t=745s>

Complimentary - LEAP Lung: Training in palliative care by Pallium Canada

November 21 and 23, 2022 | 12:00pm - 3:00pm ET | Virtual and Free!

The Lung Health Foundation has partnered with Pallium Canada to offer (at NO cost to registrants) the LEAP Lung training in Fall 2022.

- 15hrs of virtual and independent learning
- virtual workshops of 3hrs each with synchronous learning in small groups
- spots will be filled on a first come, first serve basis

For more information and to register please contact Gloria at galfred@lunghealth.ca

Promoting Patient Self-Management with an Asthma Action Plan E-Module

An asthma action plan is a simple self-management tool that reduces healthcare utilization, improves the quality of life, and has been recommended for all patients with asthma across Canadian and international respiratory guidelines for over 25 years. However, only 4% of Canadian physicians report consistently providing a written asthma action plan, and fewer than 2% of patients report receiving one. This is due to many factors at the level of the

physician, the patient, and the healthcare system, including the fact that clinicians do not receive any training on how to complete an asthma action plan.

In partnership with the Lung Health Foundation, an updated version of the Asthma Action Plan program has been launched on the [machealth website](#). The entire program is:

- **free**
- includes important resources for **both professionals and patients**, and
- is based on the **most recent guidelines** from the Canadian Thoracic Society **on the diagnosis and management of asthma**

Upon completing the online course, you will be able to effectively:

- Describe an asthma action plan and explain its role and the evidence for use in primary care.
- Identify the barriers to using asthma action plans in primary care.
- Apply the Canadian Thoracic Society (CTS) guidelines and a practical point-of-care tool to help guide appropriate step-up therapy in the yellow zone (the acute loss of control zone).
- Create an asthma action plan for both adults and children.

[Learn more](#)

Collaboration Opportunities

Addressing COVID-19 Vaccine Hesitancy in Youth: Get the Jab Initiative

The Lung Health Foundation is pleased to be launching a summer awareness campaign focusing on vaccine hesitancy amongst youth between 18 and 24 years of age.

The campaign is national in scope and is targeted to those communities across Canada with the lowest vaccine uptake amongst youth. The focus of the campaign is to emphasize the importance of staying protected this summer. It's the best way to ensure good health during what promises to be an action-packed summer for people young and old.

The Lung Health Foundation is a strong advocate for access to quick and easy vaccination for anyone who still needs to get the jab. Whether it's the first, second or third dose, now is the time to get vaccinated and boosted.

The "*Get the Jab*" initiative is primarily a social media campaign and will be featured on numerous platforms such as TikTok and Facebook.

If you haven't already, [follow us on Facebook](#) and help share the news along!

Research

Are you working on a research proposal and want to explore the Lung Health Foundation providing a Letter of Support or linking you to other individuals or organizations in our network? We're happy to have those conversations any time!

Would you like to contribute to the design of our new Research Program? We will be running a number of consultation cycles (i.e. interviews and focus groups) over the summer with members of our Research Hub.

If you haven't already specified you'd like be contacted about research-specific opportunities by joining our Research Hub, please contact Natalie at network@lunghealth.ca.

More information on our Research Hub and Research Program can be found below in the Research section.

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 online 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](#)

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

Budget's anti-vaping measures a breath of fresh air, but more must be done

The Lung Health Foundation continues to advocate for better measures to protect the lung health of Canadian youth and ensure future generations don't suffer the debilitating effects associated with smoking and/or vaping.

In our recently published op-ed, Peter Glazier highlighted the need to continue to address the belief that vaping is safer than smoking. Because of this perception, vaping has taken off in popularity and become widely acceptable, especially among young people, who make up nearly half of those who vape.

While there is still much to learn about vaping and its effects, one thing is clear: vaping is NOT safe. Given these dangers and the alarming increase in vaping behaviour, the Lung Health Foundation believes that we face a crisis. In the absence of stronger regulatory intervention, we will continue to place our future generations at risk.

Read the op-ed here: <https://lunghealth.ca/budgets-anti-vaping-measures-a-breath-of-fresh-air-but-more-must-be-done/>

Revolutionizing patient care: The role of digital health - Upcoming Policy Forum

Wed July 20, 2022 | 2:00pm - 3:00pm ET | Virtual and Free

This July, the Lung Health Foundation will be hosting the " *Revolutionizing patient care: The role of digital health*" policy forum, where panelists will discuss opportunities and barriers to digital health along with equity considerations.

Our policy forums cover different pressing issues facing the health care system. These forums inform our advocacy work with the ultimate goal of motivating policy change.

Our " *Revolutionizing patient care: The role of digital health*" forum will feature **Shelagh Maloney** from Canada Health Infoway, **Dr. Mohammed Alarakhia** from the eHealth Centre of Excellence, and **Ava Mehdipour** from **McMaster University**.

To learn more, please reach out to Katia at kvelez@lunghealth.ca

Register

Research

Research Hub

We're kick starting our efforts to develop a re-imagined Research Program at the Lung Health Foundation

Why is the Research Program changing at the Lung Health Foundation?

When we evolved into the Lung Health Foundation, we did so to more effectively and efficiently deliver on our mission and invest the funds entrusted to us by donors and partners. The sole reason the foundation exists is to help Canadians improve their lung health. Our bold new [**Lung Health Starts Now! 2021-2026 Strategic Plan**](#) will help us do it.

Unchanged and unwavering is our dedication to deliver life-changing and life-saving solutions that educate and empower Canadians to breathe better. We will work tirelessly to give patients and their families the programs and support they so urgently need, invest in research and advocate on their behalf.

With the new strategic plan, including the expansion of our work to become national in scope and our renewed focus on key clinical topic areas, we see an incredible opportunity to challenge our thinking on what a national Research Program for lung health could be. 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:

- build from past successes,
- bring new ideas,
- expand the scope for what type of research should be funded and
- contribute directly to a National Lung Health Agenda including prioritizing key research questions or topics

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.

What will the process look like to develop the Research Program?

This is where the Research Hub within this very network becomes so critical to our work going forward! In March 2022, both the Lung Health Foundations professional societies (Ontario Thoracic Society and Ontario Respiratory Care Society) were dissolved and members transitioned into this Health Care Professional Network. The intent of the Research Hub within the Network is to build from the historic and important work of our societies and their respective research committees (Research Advisory Committee and Research and Fellowship Committee).

We have an ongoing commitment from members of both the research committees to stay involved in a newly constituted Research Interest Group. This group will start off with membership from both the previous committees and will be expanded from there. This group would form the basis of our planning process. It will aim to determine a development process for the new research program that would include a strong consultative model and likely identification of additional groups and/or mechanisms for decision making within the final research program. The aim is to have the Research Interest Group brought together over the summer to finalize the development process and begin consultations.

Will there be any research funded by the Lung Health Foundation this year?

Unfortunately we will NOT be running our traditional cycle of grants and awards this year.

There will be a number of small and project specific implementation catalyst funds available in the winter (maximum \$5000). More information will be provided in early fall. We will also provide a number of travel grants to support trainees to attend the Better Breathing Conference in January 2023.

How will the Lung Health Foundation maintain engagement of clinicians/researchers?

In the meantime...if you have an interest in any of the following, please reach out to Natalie Bennett (network@lunghealth.ca) and we'll be sure to follow up quickly:

- We currently have 63 research projects on the go through our previous funding opportunities. We will continue to promote and support meaningful knowledge translation activities for the results of the research and to raise the profile of the research teams undertaking the work.
- Would you like to contribute to the design of our new Research Program? We will be running a number of consultation cycles (i.e. interviews and focus groups) the first will be over the summer.

- Are you working on a research proposal and want to explore the Lung Health Foundation providing a Letter of Support or linking you to other individuals or organizations in our network? We're happy to have those conversations any time!
- If you've published or presented recently on a topic that aligns to the Lung Health Foundation's areas of focus (equitable access to respiratory care, asthma, COPD, lung cancer, infectious respiratory disease or vaping/smoking) we'd be happy to promote your work in our next Newsletter and through the Research Hub

We're recruiting a Director of Research and Impact at the Lung Health Foundation

Given the Lung Health Foundation's renewed commitment to its research program, and to ensure as an organization it demonstrates results across its work, we have created a new leadership role within our team to work with our stakeholders and staff in the development and execution of our research program and to spearhead internal efforts to measure and evaluate our work against our strategic plan.

More specifically, the Director will:

- Develop, maintain and adapt an overall knowledge mobilization plan, including input from marketing and communications department, for the research program and networks (e.g. raise the profile of research opportunities and promote the research results, increase participation in LHF activities available to network members, report against targets to ensure LHF is delivering against its goals)
- Develop strategic research program planning and consultation processes; and lead the development of Lung Health Foundation's new Research Program model in collaboration with the Senior Leadership Team, Research Advisory Group, Healthcare professional network (including research community) and National Lung Health Advisory
- Kick start the organizational level reporting and evaluation efforts at the Lung Health Foundation, guided by the strategic plan, and working closely with the Senior Leadership Team. In particular:
 - Be responsible for providing specialized expertise in the planning, development and implementation of performance measurement and evaluation activities, and related analysis across the Lung Health Foundation based on the strategic plan and goals of the organization

- Build from the existing network model at the Lung Health Foundation to strengthen the approach for this year as we determine the best staffing model across the organization to support LHF's networks going forward (i.e. operations including ongoing engagement activities and prioritizing key partnership opportunities)
 - As a key to the early phase of building LHF's new Lung Health Network, the Director will be responsible for growing LHF's community of respiratory experts – including healthcare professionals, researcher, evaluators, implementation scientists and stakeholder organizations.

If you could help us spread the word and tap some people on the shoulders that you feel could be a good fit, we'd appreciate it! The complete job description is available at: www.lunghealth.ca/careers

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:

Markers of systemic inflammation are positively associated with influenza vaccine antibody responses with a possible role for ILT2(+)CD57(+) NK-cells -
Emilie Picard, Sarah Armstrong, Melissa K. Andrew, Laura Haynes, Mark Loeb, Graham Pawelec, George A. Kuchel, Janet E. McElhaney and Chris P. Verschoor

<https://doi.org/10.1186/s12979-022-00284-x>

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!

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

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