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lung health  
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Hello Network Members,

I hope you are enjoying your summer and surviving the heat. We're very happy to report our network has doubled in size over the past month!

Thanks to your feedback, we've made it clearer that both healthcare professionals and researchers are valued members of our network. You will now see "researchers" included throughout our website and content.

Below you'll find information on:

- Our upcoming COPD awareness campaign
- Opportunities to collaborate with us on exercise programming in your area
- Support we've provided to researchers in lung 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](mailto:network@lunghealth.ca).

[Email us!](#)

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**Policy in Action**

## The election is over, what's next for Ontario's healthcare system?

While Premier Doug Ford and his party secured a second term in government, some key changes took effect. Notably, Honorable Sylvia Jones, the newly appointed Minister of Health, is now tasked with overseeing and protecting the health of Ontarians.

Under her mandate, the government has expressed a commitment to address the existent surgery backlog and the health care professional shortage while improving hospital capacity and infrastructure. A strong focus will also be placed on revitalizing the long-term care system and strengthening mental health and addiction services.

Other notable promises include a focus on improving cancer care and helping Ontarians manage the cost of drugs. With the use of remote monitoring and self-management tools, the Ontario government hopes to solve some of the barriers patients face when accessing care.

While these efforts may perhaps bring needed improvements to the healthcare system, there are several priority areas that continue to go overlooked. Immunization efforts, vaping prevention, and chronic disease education and management are among the important topics that warrant greater attention.

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## Impact

### Annual Report 2021-2022

It's been a busy year at the Lung Health Foundation as we continue to be industry leaders in lung health education, support and advocacy, focusing on helping Canadians breathe easier.

During our second full year of living in the pandemic, staff and volunteers continued to operate with precision and clarity, meeting the challenges COVID-19 presented head on. This included helping our communities filter through the steady, and often confusing and contradictory, stream of information and resources. Through it all, our priority remains clear – to protect the lung health of Canadians.

Our legacy continues to be educating and raising awareness around critical issues in lung health, providing frontline services and support, supporting

practice change, and advocating for our community of patients and caregivers.

We're doing this through the ongoing work of our strategic plan, [Lung Health Starts Now!](#) This plan represents our roadmap forward and informs everything we do:

- Ensuring that no one loses a loved one to asthma
- Helping people with COPD live their lives to their fullest by keeping them out of the hospital
- Giving people living with lung cancer a fighting chance by removing the barrier of stigma
- Protecting all Canadians against the impact of COVID-19, and ensure that older adults don't lose their independence in life
- Reducing smoking and vaping rates so that future generations don't experience the debilitating effects of lung disease.

To read more about the work that we've done, please click [here](#) or use the button below. Please know that none of this is possible without you. We extend our sincere and deepest thanks to our community of patients and caregivers, donors and funders, partners and volunteers who are helping us make our vision a reality.

Join us, as we take a collective deep breath and look towards the future – while reflecting on all that we have accomplished.

[Read the 2021-2022 Annual Report](#)

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## Implementation in Action

### Virtual Fitness for Breath

The Lung Health Foundation, in partnership with Abilities Centre, is offering an online group exercise maintenance program designed for people living with chronic lung conditions – [Virtual Fitness for Breath](#). This new remote program is being offered in four cycles - spring, summer, fall and winter. Each cycle is ten weeks in length, with two classes each week as well as a Q&A session with a Certified Respiratory Educator at the mid-point of each cycle.

This new program is providing equitable access to a safe and suitable exercise program for people living with lung disease, where they learn the importance of staying active for life, meet and get connected to others living with chronic lung disease, increase their knowledge of fundamental movement skills and experience the health-related benefits of suitable exercise. With the spring session just ending, the evaluation feedback has been overwhelmingly positive:

*" Just want to give my heartfelt thanks to the instructors for the spring session. So appreciative that Virtual Fitness for Breath exists, and that I had the opportunity to attend it. Here's a measure of success - this morning I did a good workout at home on my own and did a lot of the exercises learned from the spring exercise session. Hopefully I will be able to continue to carry this forward!"*

Learn more and share this link with those who could benefit:

<https://lunghealth.ca/lung-disease/a-to-z/copd/fitness-for-breath>

If you have questions, please feel free to email us at [patientsupport@lunghealth.ca](mailto:patientsupport@lunghealth.ca)

Email us!

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## Education Opportunities

### **SAVE THE DATE! – Respiratory Health Forum**

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

Join us for the Lung Health Foundation's **Respiratory Health Forum**. This year's event is virtual and welcomes providers from across Canada.

Together with other primary-care professionals, learn innovative approaches to lung health and the latest respiratory guidelines from leading medical experts.

Learn more or enter your name to be notified when registration opens at <https://hcp.lunghealth.ca/conferences/respiratory-health-forum>

*It's virtual and free!*

Add me to Registration Launch Notification list

## [Association of Family Health Teams of Ontario \(AFHTO\) Conference Registration Now Open!](#)

Wed Oct 12, 2022 | 7:45am - 4:45pm ET | Sheraton Centre, Toronto, ON

### **Reconnect and Reimagine: moving forward together**

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.

But 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.

*Early-bird registration closes September 28, 2022*

- Take a look at our [hybrid Conference Program](#)
- [Register](#) as an individual or team for the conference
- Find out more about [registration fees and discounts](#)
- [Reserve a room](#) at the preferred group rate at Sheraton Centre Toronto
- [Book discounted travel arrangements](#) with Porter, Air Canada and/or VIA Rail Canada
- Conference and registration [FAQs](#)

We look forward to seeing you at the [AFHTO 2022 Conference!](#)

Register

## **Spirometry Testing for Diagnosing Asthma and COPD in Primary Care – The Why and The How**

*Missed the webinar? Watch the recording [here!](#)*

As part of the **Choosing Wisely's Let's Clear the Air** campaign the Lung Health Foundation held webinars to establish a case for, and the importance of, spirometry testing for the diagnosis of asthma and COPD.

If you missed this educational session it's not too late - click on the button below to access this and our other sessions.

[Access webinar recordings](#)

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## Collaboration Opportunities

### Fitness for Breath

If your practice, hospital or community would like to set up either an in-person or virtual **exercise maintenance program for people living with chronic lung conditions**, please reach out and get in touch with us about **Fitness for Breath!**

Our vision is that all individuals with lung disease have access to exercise programming:

- at no or low cost
- online or in their community
- suitable for people living with a chronic lung condition
- appropriate for people at all fitness levels and abilities
- focused on the health-related benefits of exercise and improved day-to-day quality of life

We'd be pleased to collaborate with you to develop an exercise program that meets the needs of the people in your community.

The Lung Health Foundation offers support to healthcare providers, community partners, and/or individuals looking to establish local **Fitness for Breath** programs through:

- **one-to-one guidance** (assistance with researching suitable community locations and professionals for hosting exercise programming, training these individuals in facilitating the programming, promotion and marketing, and providing educational sessions and resources) and
- **virtual training** (lung health 101 basic training- which educates trainers on chronic lung disease (specifically COPD) and the fitness training program which assists fitness trainers in planning and implementing their own Fitness for Breath exercise maintenance program in their community or online.)

To chat more about possible collaboration opportunities, email us at [patientsupport@lunghealth.ca](mailto:patientsupport@lunghealth.ca)

Email us!

## Awareness Campaign for COPD

The Lung Health Foundation is excited to announce the launch of a campaign to help raise awareness and promote detection of chronic obstructive pulmonary disease (COPD), a disease which is expected to be the third leading cause of death in Canada and the World by the year 2030.

In 2019, we released a national report, **Helping the Missing Million**, identifying significant knowledge gaps that exist in the diagnosis and treatment of COPD. An estimated two million Canadians live with the disease and an additional one million more may have it without their knowledge.

Keeping lungs healthy is so critically important for future health and well-being. We want to ensure that we are doing our part by offering COPD patients programs and resources to keep them out of hospital, so they can live their lives to the fullest.

This month we are promoting a number of our COPD focused initiatives: **Living With COPD Handbook** is a valuable tool for those living with COPD and their caregivers. We have seen tremendous success with our **Fitness for Breath**, a virtual exercise maintenance program and support group for people living with chronic lung conditions, and we are now offering more sessions. As part of our core services, we continue to offer support groups. For more information or to speak with a Certified Respiratory Educator (a healthcare

professional with special training in COPD) call our Lung Health Line at: [1-888-344-LUNG \(5864\)](tel:1-888-344-LUNG) or email at [info@lunghealth.ca](mailto:info@lunghealth.ca).

Additionally, we have a number of [educational and exercise videos on our YouTube channel](#).

Our campaign is running during the month of August on all our social media channels and we encourage you to follow us and please share the content or information as it is posted.

Let's work together to empower all Canadians to improve their lung health!



## Asthma and COPD Input Needed!

**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!

[Provide Input](#)

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# Research

## Newly Funded Research

The Lung Health Foundation was proud to provide a letter of support as a knowledge user for the 2022 Canadian Institutes of Health Research Meetings, Planning, and Dissemination grant proposal entitled " *Translating the Interplay of Cognition and Physical Performance to Daily Activities in*



*COPD and ILD – Identifying Needs and Research Priorities*" submitted by W. Darlene Reid.

Congratulations to Dr. Reid and her team for a successful application!

## 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:

*Cannabis use and risks of respiratory and all-cause morbidity and mortality: a population-based, data-linkage, cohort study* - Nicholas T Vozoris, Jingqin Zhu, Clodagh M Ryan, Chung-Wai Chow, Teresa To  
<http://dx.doi.org/10.1136/bmjresp-2022-001216>

**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!**

## 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](mailto: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.

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## Help us Grow our Network

Our **Lung Health Network for Healthcare Professionals and Researchers** continues to grow! In the past month we've welcomed **primary care providers from over 100 practices** across Ontario and close to **60 researchers**. These individuals are part of our Primary Care Asthma and COPD program or have received funding from the Lung Health Foundation for their projects over the last 5 years.

Welcome everyone!

The wisdom and expertise of healthcare professionals and researchers dedicated to improving the lung health of Canadians have long guided the mission of the Lung Health Foundation.

Help us grow by inviting your friends and colleagues to learn more and join at **[lungnetwork.org](https://lungnetwork.org)**.

If you have any ideas for how we can promote further, please let us know by emailing **[network@lunghealth.ca](mailto:network@lunghealth.ca)**.

Email us!

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