



## What is Chronic Disease Management

Chronic disease management (CDM) is an approach to health care that focuses on helping individuals maintain independence and well-being through prevention, early detection, and improved self-management of their chronic medical condition(s)



### Pillars of Chronic Disease Management Program Design

#### Exercise

- Community based supervised exercise and rehabilitation programs providing personalized exercise prescription
- Education sessions
- Group and social support

#### Disease-Specific Management

- Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.
- Evidence-based optimal care delivery.

#### Self-Management

- Individualized plan of action for patients
- Peer-led support classes through the LiveWellwith Chronic Conditions Program
- Enhance self-management skills

#### Saskatoon and area locations

- Saskatoon Area Hospitals
- Humboldt District Hospital

For more information on the Asthma Program and individual/group exercise, please contact:

306-655-LIVE

### Chronic Disease Management Program

Royal University Hospital  
 103 Hospital Drive,  
 Saskatoon, Saskatchewan S7N 0W8  
<http://tinyurl.com/LiveWell-CDM>  
 Phone: 655-5483 Fax: 655-6758  
 Asthma Nurse Clinician: 655-1054  
 Pulmonary Rehabilitation Coordinator: 655-2480

### Humboldt District Hospital

Box 10, Humboldt, Saskatchewan S0K 2A0  
 Phone: Central booking - (toll free) - 1-866-923-9953  
 Fax: (306) 682-4046  
 Nurse Clinician Phone: 682-8153

### Other Helpful Support Services:

The Lung Association of Saskatchewan Asthma Help-line  
 (306) 343-9511 in Saskatoon  
 Toll free: 1-888-566-LUNG (5864)  
 Email: [info@sk.lung.ca](mailto:info@sk.lung.ca)  
[www.sk.lung.ca](http://www.sk.lung.ca)



THE  LUNG ASSOCIATION™  
 Saskatchewan



## Asthma Program

Optimizing Chronic Disease Management



## About Us . . .

A dedicated team of health care providers are available to help you better control your asthma. A certified asthma educator and your doctor will support you in learning...

- more about your asthma
- to self-manage your asthma
- how to lead a healthy and enjoyable lifestyle

## During Your Initial Visit, We Will:

- get to know you
- do a simple breathing test - spirometry
- provide individual guidance and asthma management education
- begin planning your "Personal Action Plan"
- provide follow-up visits and support

## During Your Follow-up Visits We Will:

- provide support & encouragement as you continue working on self-management skills
- work with your physician to complete your "Action Plan" that will help you recognize, prevent and treat "attacks"
- show you how to use your action plan
- discuss community services/resources
- discuss your questions and concerns

## How You Can Become Part of the Program:

- You can be referred by your doctor or other health professionals while in hospital
- You can be referred by your family doctor or Respiriologist

## Asthma Self-Management Means:

1. Preventing worsening Asthma
2. Maintaining Normal Activities
3. Preventing Emergency Room Visits
4. Maintaining Normal Lung Function
5. Learning more about asthma and treatment to achieve Optimal Asthma Control

## Remember, with good Asthma control. . .

**You CAN** lead a normal life with proper treatment and management.

**You CAN** have nights of uninterrupted sleep.

**You CAN** exercise with asthma.

**You CAN** do the activities you want.

**You CAN** attend work or school without interruption.



## Take the 30 SECOND Asthma Test

- |  |        |
|--|--------|
| 1. I use my blue inhaler (4 or more times a week)                                  | Yes No |
| 2. I cough, wheeze, or have a tight chest (4 or more days/week)                    | Yes No |
| 3. Coughing, wheezing, or chest tightness wakes me at night (1 or more times/week) | Yes No |
| 4. I stop exercising because of my asthma (in the past 3 months)                   | Yes No |
| 5. I miss work or school because of my asthma (in the past 3 months)               | Yes No |

If you answered "Yes" to one or more questions, ask your Doctor or Asthma Educator to improve your asthma control

THE GOAL – BETTER ASTHMA CONTROL  
adapted from [www.asthmaincanada.com](http://www.asthmaincanada.com)

