



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

- Multi-disciplinary team working closely with the patient, their Family Physician and Specialist.
- Evidence-based optimal care delivery.

Self-Management

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

Saskatoon and area locations

- Saskatoon Hospitals
- West Winds Primary Health Centre
- Humboldt District Hospital

For more information on the CF Program and individual or group exercise, please contact:

306-655-LIVE

LiveWell Chronic Disease Management

Royal University Hospital
103 Hospital Drive,
Saskatoon, Saskatchewan S7N 0W8
Phone: 655-LIVE (655-5483)
Fax: 655-6758
CF Nurse Clinician: 655-6781

North Saskatchewan Cystic Fibrosis Chapter

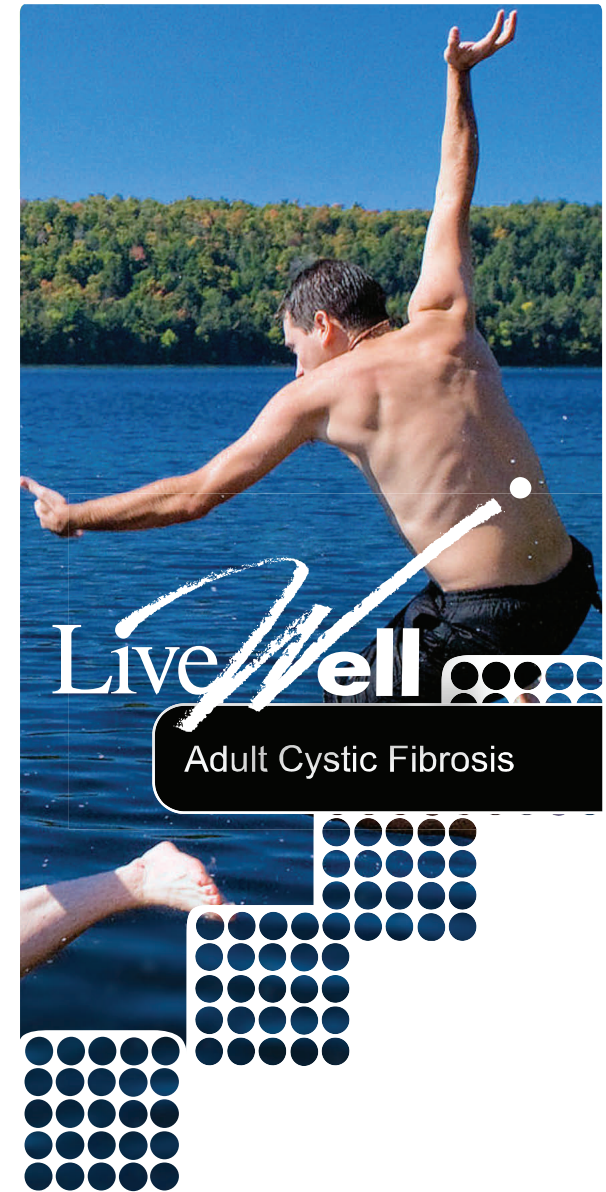
Email bjlid@shaw.ca

South Saskatchewan Cystic Fibrosis Chapter

Website: www.southsaskcf.ca



THE  LUNG ASSOCIATION™
Saskatchewan



Optimizing Chronic Disease Management

About Us . . .

A dedicated multidisciplinary team of health care professionals providing individual support to assist you to make the healthiest lifestyle choices and better manage your condition.

The multidisciplinary team consists of:

- **Respirologist** who specializes in Cystic Fibrosis.
- **Nurse Clinician** dedicated to provide support for all aspects of health care needs.
- **Physiotherapist** focuses on the importance of exercise and specific chest physio techniques.
- **Dietitian** specialized to provide support for optimal nutrition for individuals and diabetic needs as required. Works closely with a Diabetes Nurse Educator.
- **Pharmacist** dedicated to providing best possible individualized drug and antibiotic therapy.
- **Social Workers** available for emotional support and information about community resources.
- **Genetic Counselor** available to answer questions regarding family history and family planning issues.

★ Each discipline is made available during clinic hours to provide the necessary support and optimize the self-management skills of each Cystic Fibrosis patient and their family.



Clinic . . .

We follow the Canadian Cystic Fibrosis Standards of Care.

CF patients are recommended to have:

At each Clinic:

- Spirometry
- Sputum sample
- Chest x-ray

Annually

- Blood work
- Bone density



CF Patients are provided private rooms while attending clinic. Each discipline meets the patient individually. This ensures infection control standards are met, privacy is upheld, and optimal individual care is delivered.

Outpatients Clinics. . .

- Scheduled August to June.
- Once a month on Friday mornings - dates vary.
- Clinic times are 8 am to 12 pm (allow 3 hours for a clinic visit from registration to completion).
- Located in Respiratory Outpatients area at the Royal University Hospital.
- Booked one month in advance:
Please confirm your appointments as soon as possible.
- A summary letter will be sent to your family physician following the clinics recommendations.

Home IV Therapy . . .

The Respirologist, Nurse and Pharmacist are readily available to provide urgent care if a CF patient becomes acutely ill and requires Home IV Therapy.

Flu Shot . . .

We encourage the annual influenza vaccine. This is recommended for both CF patients and those in close contact with them. These are available annually throughout October and November at your family physician's office or Public Health Offices.

Suggested Publications for Adults with CF

Circle of Friends (CCFF)

Subscription: infor@cysticfibrosis.ca

SVB (ACFCQ)

Subscription: cpafk@videotron.ca

Suggested Websites . . .

Canadian Cystic Fibrosis Foundation (CCFF)

www.cysticfibrosis.ca

Cystic Fibrosis Foundation

www.cff.org

Cystic Fibrosis Education Site

www.cfeducation.ca

Cystic Fibrosis Worldwide

www.cfww.org