

LiveWell COPD Program Goals:

- To optimize management and improve the quality of life for COPD patients and their families
- To promote an interdisciplinary team approach for patient-centered self-management

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

- Hospitals
- Saskatoon Field House
- Confederation Mall
- Shaw Centre
- Humboldt

For More Information

LiveWell COPD Program:
Royal University Hospital,
103 Hospital Drive, Saskatoon, SK, S7N 0W8
Office: (306) 655-LIVE/655-5483
Facsimile: (306) 655-6758
Email: COPD@saskatoonhealthregion.ca

COPD Nurse Clinicians:
(306) 655-6775

Saskatchewan Pulmonary Rehabilitation Program:
(306) 655-2480

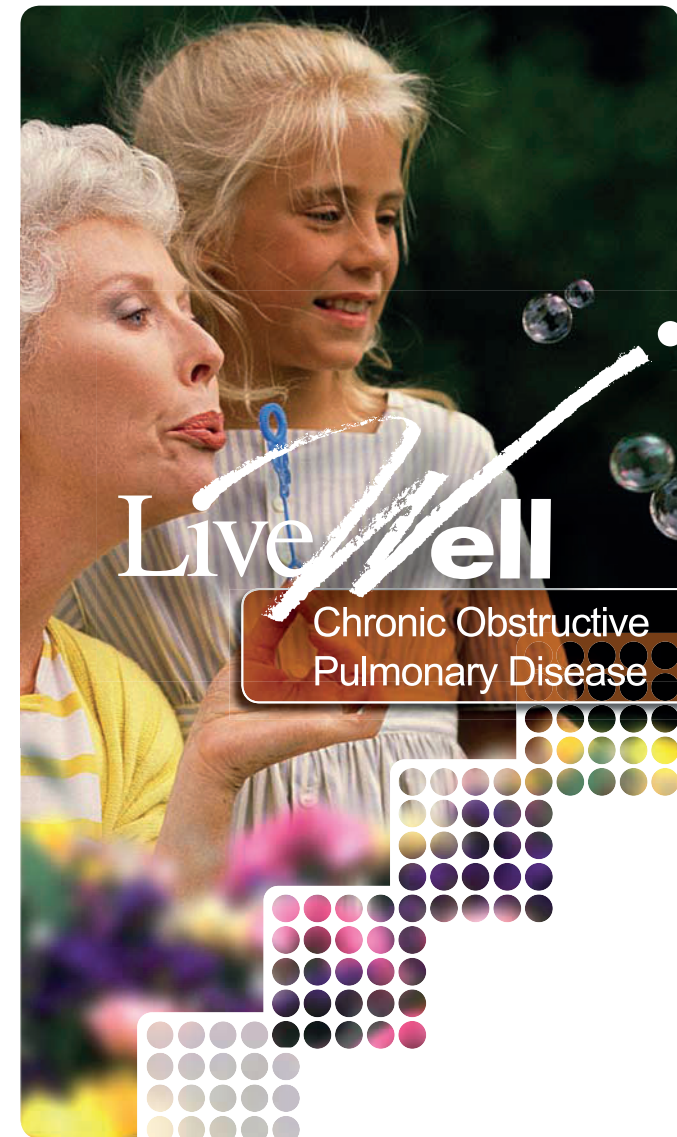
Other Helpful Support Services:

The Lung Association of Saskatchewan:
(306) 343-9511
Email: info@sk.lung.ca
www.lung.ca

BreathWorks® Helpline:
(866) 717-COPD/717-2673

LiveWell

Optimizing Chronic Disease Management



LiveWell

Chronic Obstructive Pulmonary Disease

Optimizing Chronic Disease Management





About Chronic Obstructive Pulmonary Disease (COPD)

WHY...

the LiveWell COPD Program? COPD is a lung disorder that causes the airways of the lungs to be inflamed and narrowed, leading to shortness of breath and reduced activity. It can make breathing and everyday tasks difficult. **But** much can be done to help you breathe easier, do more, and stay away from the emergency department or hospital. By working closely with family doctor, we can help optimize COPD care for affected individuals and their families.



WHAT...

the Program aims to achieve

You will work with a team of dedicated health care professionals trained in the various aspects of COPD care to help you and your family better understand and manage your condition. Working closely with your family doctor, our program will:

- Help you take control of your COPD (improve your self-management)
- Enhance your quality of life, and manage your symptoms
- Work with your own doctors to design and implement an individualized treatment plan of action
- Assist you in preventing COPD complications
- Help avoid emergency room visits and hospital admissions



WHO...

is involved in the Program

- You are the central member of the team
- Your family members or other support persons
- Your family doctor - we will complement their care
- Your Respiriologist or Internist (if you have one)
- Nurse Clinicians
- Physical and/or Exercise Therapists
- Dietitian
- Other Health Care Professionals as needed to help you



HOW...

you become part of the Program

- You can be referred to the LiveWell COPD Program by your doctor or nurse while in hospital
- When you enroll in the Pulmonary Rehabilitation Program
- You can be referred by your family doctor.



WHERE...

You will participate in the LiveWell COPD Program

- Initially, you will be seen by the COPD Nurse Clinician. Follow up visits will be scheduled according to your needs. These visits will give you the skills, information and support to help you take control of your COPD. Visit locations include Hospital and Pulmonary Rehabilitation program locations.
- With your doctor's consent, a Physical / Exercise Therapist will introduce you to the Pulmonary Rehabilitation Program where group exercise classes are offered in a supportive environment at various locations.

