



## Chronic Disease Management Programs and Services

December 2011-12-12

**Chronic Disease Management  
Royal University Hospital  
103 Hospital Drive  
Saskatoon SK S7N 0W8**

**(306) 655-LIVE (306) 655-5483**

**Toll Free: 1-877-LIVE-898 1-877-548-3898**

**Rural Toll Free: 1-866-923-9953**

**[live-well@saskatoonhealthregion.ca](mailto:live-well@saskatoonhealthregion.ca)**



## Pillars of Chronic Disease Management Program Design

Exercise	Disease-Specific Management	Self-Management
<ul style="list-style-type: none"> <li>• Community based supervised exercise and rehabilitation programs providing personalized exercise prescription</li> <li>• Education sessions</li> <li>• Group and social support</li> </ul>	<ul style="list-style-type: none"> <li>• Inter-professional team working closely with individuals, their family, Family Physicians and Specialists.</li> <li>• Evidence-based optimal care delivery.</li> </ul>	<ul style="list-style-type: none"> <li>• Individualized plan of action for patients</li> <li>• Peer-led support classes through the LiveWellwith Chronic Conditions Program</li> <li>• Enhance self-management skills</li> </ul>

### Saskatoon and area locations

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Royal University Hospital</li> <li>• Saskatoon City Hospital</li> <li>• St. Paul's Hospital</li> <li>• Saskatoon Field House</li> <li>• White Buffalo Youth Lodge</li> <li>• West Winds Primary Health Centre</li> </ul> | <ul style="list-style-type: none"> <li>• Cosmo Civic Centre</li> <li>• Confederation Mall</li> <li>• Humboldt</li> <li>• Shaw Centre</li> </ul> |
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## *Welcome*

The LiveWell Chronic Disease Management Programs and Services Catalogue is a collaborative between the LiveWell Chronic Disease Management Program, SHR, and the College of Pharmacy and Nutrition at the University of Saskatchewan.

The LiveWell Chronic Disease Management Program, provides programs and services for Saskatoon Health Region and Northern Saskatchewan. A multi-disciplinary team of dietitians, nurse clinicians, medical specialists, exercise/physical therapists, social workers, peer leaders and support staff provide individual/group education and specialty clinics.

Our mission is to provide programming for clients, families, health care professionals and students in relation to specific health diseases. We believe:

- Health education is a partnership between health care providers and clients/families with mutual goals set within the context of available resources.
- Education is a process, not just the dispensing of information. It involves mutuality between the health care provider with his/her clinical expertise and the individual with his/her experiential wisdom.
- The role of health education is to facilitate optimal well-being and independence for clients/families with specific chronic diseases.

We hope this catalogue of Programs & Services will prove useful for all health care providers. It is a compilation of programs available in the Saskatoon Health Region intended for people with chronic diseases. If you have a program you would like to add or changes to make please contact the LiveWell CDM Program at [live-well@saskatoonhealthregion.ca](mailto:live-well@saskatoonhealthregion.ca)



## Table of Contents

**LEGEND: \* = Physician Referral**  
Remaining programs are self referral or healthcare provider referral.

BE YOUR BEST PROGRAM (PEDIATRIC OBESITY) .....	1
<b>* LiveWell Be Your Best Program (Pediatric Obesity).....</b>	<b>5</b>
SASKATCHEWAN BLEEDING DISORDERS PROGRAM.....	5
<b>* Saskatchewan Bleeding Disorders Program.....</b>	<b>6</b>
CARDIOVASCULAR PROGRAMS .....	8
<b>* Building Resistance - Diabetes and Heart Disease Prevention .9</b>	<b>9</b>
<b>LiveWell Cardiac Rehabilitation Program.....</b>	<b>10</b>
<b>LiveWell Heart Function Program .....</b>	<b>12</b>
<b>LiveWell Stroke Exercise Program .....</b>	<b>13</b>
<b>Partnering to Manage TIA and Stroke Risk Factors .....</b>	<b>14</b>
DIABETES PROGRAMS.....	15
<b>LiveWell Diabetes Program .....</b>	<b>16</b>
<b>Community Diabetes Outreach Program .....</b>	<b>18</b>
<b>First Step Program .....</b>	<b>19</b>
<b>* Building Resistance - Diabetes and Heart Disease Prevention</b>	<b>21</b>
<b>Global Village Ethno-Cultural Screening .....</b>	<b>22</b>
<b>Aim 4 Health.....</b>	<b>23</b>
CHRONIC PAIN CENTRE.....	25
<b>* Chronic Pain Centre .....</b>	<b>26</b>

INFLAMMATORY BOWEL DISEASE.....	28
<b>* Inflammatory Bowel Disease (IBD) .....</b>	<b>29</b>
NEUROLOGICAL/MUSCULOSKELETAL PROGRAMS.....	30
<b>LiveWell Parkinson's Program.....</b>	<b>31</b>
<b>LiveWell Rheumatology Program .....</b>	<b>32</b>
LIVEWELL WITH CHRONIC CONDITIONS.....	33
<b>LiveWell With Chronic Conditions .....</b>	<b>34</b>
NUTRITION PROGRAMS .....	35
<b>* LiveWell Chronic Disease Management Nutrition Counselling .....</b>	<b>36</b>
<b>LiveWell Nutrition Education Sessions .....</b>	<b>37</b>
<b>* LiveWell Heart Healthy Nutrition .....</b>	<b>38</b>
<b>LiveWell Achieving a Healthy Body Weight .....</b>	<b>39</b>
<b>Good Food Box .....</b>	<b>40</b>
<b>Collective Kitchen.....</b>	<b>41</b>
LIVEWELL POSITIVE LIVING PROGRAM .....	42
<b>* LiveWell Positive Living Program .....</b>	<b>43</b>
RESPIRATORY PROGRAMS.....	44
<b>* LiveWell COPD Program.....</b>	<b>45</b>
<b>* LiveWell Pulmonary Rehabilitation Program.....</b>	<b>47</b>
<b>LiveWell Adult Cystic Fibrosis Clinic .....</b>	<b>48</b>
<b>* LiveWell Asthma Education Program .....</b>	<b>49</b>
<b>* LiveWell Sleep Disorders Programs .....</b>	<b>50</b>
* Sleep Disorders Centre .....	50
* Sleep Well Program.....	52

<b>(SAIL) Saskatchewan Aids to Independent Living Program.....</b>	<b>54</b>
<b>* LiveWell Tuberculosis (TB) Control Saskatchewan.....</b>	<b>55</b>
<b>ROAD TO WELL-BEING.....</b>	<b>57</b>
<b>Road to Well-Being.....</b>	<b>58</b>

# **Be Your Best Program (Pediatric Obesity)**

**\* Be Your Best Program**

**1**

## **\* LiveWell Be Your Best Program (Pediatric Obesity)**

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- Who is it for:** Any children/youth and parents who are interested in weight control.
- Goals:** To improve health and well being through education about healthy lifestyle choices.
- Service:** Information sessions focusing on a discussion of:
- Individual nutrition assessment
  - Guidance for child/youth and parents
  - Healthy food choices
  - Physical activity
  - Behaviour modification
  - Goal setting
  - Periodic review/support appointments
  - Referral to First Step Program, In Motion Program, Road to Wellbeing or Clinical Psychology as needed.
- How to Register:** Physician or other healthcare provider referral.
- Cost:** Free
- Schedule:** Individual appointments
- Location:**
- ☒ Up to age 17, Royal University Hospital, 103 Hospital Drive, Saskatoon SK
  - ☒ After age 17, West Winds Primary Health Centre 3311 Fairlight Drive, Saskatoon SK
- Contact:** 655-LIVE (655-5483) (phone)  
655-6758 (fax)

# Saskatchewan Bleeding Disorders Program

\* Saskatchewan Bleeding Disorders Program

5

## \* Saskatchewan Bleeding Disorders Program

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- Who it is for:** Adults and children with bleeding disorders throughout the province.
- Goals:** To provide comprehensive care to individuals and their families with Hemophilia, von Willebrand Disorder, and other bleeding disorders.  
Ensure individuals with bleeding disorders have access to appropriate and timely health care.  
Support individuals and their families in self management.
- Service:** Provision of assessment/review clinics staffed by multidisciplinary team members comprised of a Hematologist, Clinical Nurse Coordinator, Physiotherapist, Social Worker, and the associated services of a Genetic Counsellor and Dentistry.  
Clinical and laboratory diagnostic services.  
Education on bleeding disorders, treatment and self management.  
Support of home infusion therapy.  
Assessment of physical complications to prevent and/or minimize musculoskeletal problems and activity selection.  
Coordination of product administration pre and post procedures and surgeries.  
Psychosocial support and referral (if necessary).  
Monitoring of coagulation product usage in the province.  
Education of health care professionals in the diagnosis and management of bleeding disorders.  
Provision of education to the general public, schools, employers.
- How to Register:** Family physician referral to the Hematologist.
- Cost:** No cost associated with the Program. Most of the supplies are provided free of charge.
- Schedule:** The Hematologist verifies the diagnosis.  
The client is given a date and time to attend an outpatient appointment with the multidisciplinary team members.  
The team provides assessment and determines the appropriate care plan, treatment recommendations, and the frequency of reassessment/recall for clinic appointments.  
Education is provided to clients and their family on the specific bleeding disorder, treatment options, and self management.

Regular clinics are held at Royal University Hospital on Fridays and are held twice a year at the General Hospital in Regina. Teleconferencing is available.

**Location:** 🏠 Royal University Hospital, 103 Hospital Drive, Saskatoon SK

**Contact:** Saskatchewan Bleeding Disorders Program  
(306) 655-6504 (phone)  
(306) 655-6426 (fax)

Clinical Nurse Coordinator  
(306) 655-6424 (phone)  
(306) 655-6426 (fax)

## Cardiovascular Programs

<b>* Building Resistance - Diabetes and Heart Disease Prevention</b>	<b>9</b>
<b>LiveWell Cardiac Rehabilitation Program</b>	<b>10</b>
<b>LiveWell Heart Function Program</b>	<b>12</b>
<b>LiveWell Stroke Exercise Program</b>	<b>13</b>
<b>Partnering to Manage TIA and Stroke Risk Factors</b>	<b>14</b>

## **\* Building Resistance - Diabetes and Heart Disease Prevention**

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- Who it is for:** Individuals with prediabetes, metabolic syndrome and/or cardiovascular risk factors.
- Goals:** To provide individuals diagnosed with prediabetes, metabolic syndrome and/or cardiovascular risk factors information and support in making healthy lifestyle choices.
- Service:** Information session covering risk factor awareness, benefits of physical activity and healthy eating as well as goal setting and action plans.  
Exercise session included during workshop.  
Options for independent and/or supervised programs offered.
- Additional:** To provide support for lifestyle changes following the class, all participants will receive a follow-up phone call at one month, mail-out booklet at two months, as well as a 6 month and 12 month individual follow-up appointment.
- How to Register:** Physician referral or self referral.
- Cost:** Free
- Schedule:** Afternoon and evening options available.
- Location:** 🏠 Saskatoon Field House 2020 College Drive, Saskatoon SK  
🏠 Humboldt Uniplex, call 1-866-923-9953
- Contact:** 655-2136 or 655-2137 (phone)  
655-6758 (fax)  
  
Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## LiveWell Cardiac Rehabilitation Program

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- Who it is for:** Individuals diagnosed with cardiovascular disease who have angina or have had myocardial infarction, coronary artery bypass surgery, angioplasty, or stent. Also includes individuals with heart failure, cardiomyopathy, cardiac valve problems, or heart transplant. Spouse/support person welcome.
- Goals:** To enhance and maintain cardiovascular health through individualized programs designed to optimize physical, psychological, social, vocational and emotional status.
- To prevent disease progression and the reoccurrence of cardiac events.
- To provide education, exercise and support. To assist clients to self manage their chronic condition.
- Service:** The education program is offered twice a month. Clients can choose a one week (5 mornings) or a two day program.
- The exercise program is available to clients and a support person as a supervised program at 2 locations in the city or meet with one of our exercise therapists to develop a home exercise program that you can carry on independently.
- How to Register:** Self referral (call us) or a referral from your family doctor or other health care provider.
- Cost:** \$25/month for new members  
\$15/month for support person to join

### Exercise Schedule:

Weekly schedule for both city locations

Mondays	Wednesdays	Fridays
8:30-11:30AM	8:30-11:30AM	8:30-11:30AM

\* Note - We also offer some early morning and evening programming. Please call us at 655-1859 for details.

### Locations:

- Saskatoon Field House, 2020 College Drive  
Ph: (306) 975-3354
- Saskatoon Shaw Centre, 122 Bowlt Crescent  
Ph: (306) 655-4051

**Contact:** Elaine Tyerman  
655-1859 (phone)  
655-6758 (fax)

**Rural Location:**

Humboldt Uniplex LIFE Program

Please call them for exercise schedule and more information.

Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## **LiveWell Heart Function Program**

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- Who it is for:** Individuals and their support person, living with heart failure.
- Goals:** Encourage self-management and maximize quality of life for patients, families and support persons living with heart failure.  
Education and support to assist patients to manage their symptoms.  
Help avoid Emergency Room visits and hospital admissions.
- Service:** Provide printed information and phone follow-up to patients identified in hospital post discharge.  
Provide Heart Failure package to others on request.
- Additional:** Include and welcome family members and caregivers.  
Appropriate community resources are identified.
- How to Register:** Physician, healthcare provider or self referral
- Contact:** Linda Sinclair  
655-2421 (phone)  
655-6758 (fax)
- Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## **LiveWell Stroke Exercise Program**

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<b>Who is it for?</b>	Individuals who have had a stroke.
<b>Goals:</b>	To assist persons with a mild to moderate impairment begin an exercise program and improve quality of life.
<b>Service:</b>	Includes stretching, strengthening, balance, coordination, postural and mild aerobics exercise. Some of the activities will take place in groups.
<b>Additional:</b>	Participants are encouraged to bring a support person as well as their wheelchair, walker or cane if they use one.
<b>How to Register:</b>	Phone 655-4595 to get an application.
<b>Cost:</b>	\$25/month for April to June
<b>Schedule:</b>	Stroke Patients (Classes run seasonally from January-March, April– June, September– December) Tuesdays and Thursdays, 1:15 - 2:15 PM ☒ Saskatoon Field House, 2020 College Drive, Saskatoon SK
<b>Contact:</b>	Stacy Sigfusson or Brent Friesen 655-4595 (phone) 655-4596 (fax)

## **Partnering to Manage TIA and Stroke Risk Factors**

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- Who it is for:** Individuals who have had a TIA, mild stroke, or are at high risk for stroke.
- Goals:** To assist persons to learn stroke risk factor management to reduce the risk of a future stroke.
- Service:** Participants meet with an interdisciplinary team of healthcare professionals and a group of their peers to discuss risk factors for stroke and learn how they can actively manage those risk factors. The program includes six modules - Introduction, Risk Factors, Nutrition, Physical Activity, Medications, Psychosocial impact.
- Additional:** Participants are encouraged to bring a support person. Participants will also be encouraged to participate in the LiveWell Stroke Exercise Program and other appropriate community programs.
- How to Register:** Phone the Stroke Prevention Clinic at 655-8691 to register.
- Cost:** \$5.00 Registration fee for the entire program
- Schedule:** Program is offered 4 times a year based on demand.
- Location:** 🏠 Location varies.
- Contact:** Stroke Services  
Saskatoon City Hospital, 701 Queen Street  
Saskatoon SK S7K 0M7
- Phone: (306) 655-8691  
Fax: (306) 655-8813

## Diabetes Programs

<b>LiveWell Diabetes Program</b>	<b>16</b>
<b>Community Diabetes Outreach Program</b>	<b>18</b>
<b>First Step Program</b>	<b>19</b>
<b>* Building Resistance - Diabetes and Heart Disease Prevention</b>	<b>21</b>
<b>Global Village Ethno-Cultural Screening</b>	<b>22</b>
<b>Aim 4 Health</b>	<b>23</b>

## LiveWell Diabetes Program

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**Who is it for:** Individuals with type 1, type 2, gestational diabetes, & prediabetes.

**Goals:** To provide education, medical management, self-management, and support for families and/or individuals living with diabetes.

<i>Target Group</i>	<i>Service</i>
<b>Individual Education</b>	Following physician or self-referral, the individual is contacted directly and seen by a nurse and/or dietitian. Family members are encouraged to attend appointments. Short term follow-up is provided for type 2 and regular follow-up is provided for type 1.
<b>Group Education</b>	<p>Group education is provided for newly diagnosed individuals and their family by a dietitian and exercise therapist. Individual assessment and small group class is provided for previously diagnosed.</p> <p style="text-align: center;"><b>Nutrition Education Sessions</b></p> <p>A variety of sessions are held on topics such as carbohydrate counting, label reading, food portioning, meal preparation, sweeteners, recipe adjusting, grocery tours, and restaurant eating/alcohol for diabetes.</p> <p>For more information refer to the LiveWell Nutrition Module Section.</p>
<b>Children</b>	Admission by medical referral only. Pediatric and young adult diabetes clinics are available for youth and their families. These clinics provide both education and medical care. Children are reviewed individually at approximately six month intervals.
<b>Pregnancy</b>	<p>Admission by physician referral only.</p> <p>Education is provided for any women with type 1, type 2 or gestational diabetes.</p> <p>Gestational diabetes groups are held weekly on Mondays from 1:00 – 4:00pm. The Diabetes in Pregnancy Clinic is held weekly on Tuesdays from 1:00 – 5:00 PM and includes education and medical care.</p>

<b>Target Group</b>	<b>Service</b>
<b>Outpatient Adult Clinics</b>	Admission by physician referral only. Clients are seen by the medical specialist, nurse and/or dietitian. Individuals will be encouraged to achieve optimal diabetes control using self-management skills.

**How to Register:** Physician referral, healthcare provider or self referral within the Saskatoon Health Region.

**Cost:** Free

**Schedule:** Appointment based and/or refer to “service” section

**Location:**

- ▣ Royal University Hospital, 103 Hospital Drive, Saskatoon SK
- ▣ West Winds Primary Healthcare Center, 3311 Fairlight Drive, Saskatoon SK

**Contact:** 655-2136 or 655-2137 (phone)  
655-6758 (fax)

Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## Community Diabetes Outreach Program

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- Who it is for:** Individuals and their families living with or at risk of developing diabetes living within the core neighbourhood.
- Goals:** The Saskatoon Community Clinic, Kinistin First Nation, Central Urban Metis Federation, White Buffalo Youth Lodge, SWITCH and Saskatoon Health Region are working in partnership to provide a culturally appropriate and accessible program for core residents.
- Service:**
- Diabetes on the Road to Discovery:* Topics include healthy eating, active living, emotional aspects of diabetes, monitoring diabetes, medications and self-management.
- Screening:* Offers free blood sugar test and educational sessions. Sessions focus on foot care, blood pressure, active living, healthy eating and peer support.
- Fitness Food and Fun Program:* This exercise program is provided three times per week at White Buffalo Youth Lodge. A variety of times are offered. This is a drop-in program which offers childcare, transportation and food.
- LiveWell with Chronic Conditions:* Trained peer leaders provide information on how to live with a chronic condition. This culturally appropriate program offers information on action planning, goal setting, problem solving, communication and self-efficacy.
- How to Register:** Registration preferred, phone West Side Community Clinic.
- Cost:** Free
- Schedule:** Education modules are offered regularly. Screening programs are offered periodically.
- | Exercise Sessions |                  |
|-------------------|------------------|
| <i>Tuesday</i>    | <i>Wednesday</i> |
| 10:00AM-Noon      | 5:30-7:30PM      |
- Location:** 🏠 White Buffalo Youth Lodge 602 20th Street West, Saskatoon SK
- Contact:** Brenda Kinniewess  
664-4310 (phone)  
934-2506 (fax)
- 655-LIVE (655-5483) (phone)
- Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## First Step Program

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- Who it is for:** Individuals with diabetes, prediabetes, high blood pressure, chronic kidney disease, abnormal cholesterol, increased body weight and arthritis.
- Goals:** To provide a high quality prevention/rehabilitation program for individuals who want to take control of their health and future well-being.
- Service:** Offers both education and exercise. Trained instructors will assess needs and help develop healthy lifestyle habits during each session. Education involves goal setting, benefits of exercise, risk factor awareness, nutrition, weight control and stress management. Offered on a 6 week cycle, total of 6 classes. Walking is the key activity for exercise, although the program may also include stationary biking, rowing, upper body exercises, resistance and stretching exercises.
- How to Register:** Physician or self referral.
- Cost:** The cost includes 3 months of exercise (3 times/week) plus the education cycle (12 classes).

Without Diabetes or Prediabetes (City)	
<i>Participant</i>	<i>Support Person</i>
\$160.75	\$50.50
With Diabetes or Prediabetes (SHR)	
<i>Participant</i>	<i>Support Person</i>
\$75.00	\$45.00

**Schedule:**

Group 1	
<i>Tuesdays &amp; Thursdays</i>	<i>Saturdays</i>
Exercise: 8:30-9:30AM	Exercise: 9:30-10:30AM
Exercise: 9:30-10:30AM	Exercise: 10:00-11:00AM
Education: 10:45-11:45AM	Exercise: 10:45-11:45AM May to Sept.only
Group 2	
<i>Tuesdays &amp; Thursdays</i>	<i>Saturdays</i>
Education: 5:30-6:30PM	Exercise: 9:30-10:30AM
Exercise: 6:45-7:45PM	Exercise: 10:00-11:00AM
Exercise 5:30-6:30pm May to Sept.only	Exercise: 10:45-11:45AM May to Sept.only

**Location:**            📍 Saskatoon Field House 2020 College Drive, Saskatoon SK  
                             975-3354 (phone)  
                             📍 Humboldt Uniplex, LIFE Program  
                             (schedule and costs vary from above)

**Website:**  
[http://www.saskatoon.ca/org/leisure/facilities/pdfs/first\\_step\\_pulmonary.pdf](http://www.saskatoon.ca/org/leisure/facilities/pdfs/first_step_pulmonary.pdf)

**Contact:**            Tatania Purves 655-6929 (phone)  
                             655-4596 (fax)  
  
                             Shelley Heikkila 975-3121 (phone)  
  
                             Rural Sites: 1-855-250-7070 (phone)  
                             (306) 682-4417 (fax)

## **\* Building Resistance - Diabetes and Heart Disease Prevention**

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- Who it is for:** Individuals with prediabetes, metabolic syndrome and/or cardiovascular risk factors.
- Goals:** To provide individuals diagnosed with prediabetes, metabolic syndrome and/or cardiovascular risk factors information and support in making healthy lifestyle choices.
- Service:** Information session covering risk factor awareness, benefits of physical activity and healthy eating as well as goal setting and action plans.  
Exercise session included during workshop.  
Options for independent and/or supervised programs offered.
- Additional:** To provide support for lifestyle changes following the class, all participants will receive a follow-up phone call at one month, mail-out booklet at two months, as well as a 6 month and 12 month individual follow-up appointment.
- How to Register:** Physician referral or self referral.
- Cost:** Free
- Schedule:** Afternoon and evening options available.
- Location:** 🏠 Saskatoon Field House 2020 College Drive, Saskatoon SK  
🏠 Humboldt Uniplex, call 1-866-923-9953
- Contact:** 655-2136 or 655-2137 (phone)  
655-6758 (fax)  
  
Rural Sites: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## **Global Village Ethno-Cultural Screening**

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<b>Who it is for:</b>	Ethnic groups at risk for diabetes.
<b>Goals:</b>	To provide screening and education for specific populations at risk for diabetes.
<b>Service:</b>	Blood sugar testing Measurements Educational sessions Resources and healthy meals provided
<b>How to Register:</b>	Contact LiveWell Chronic Disease Management (CDM) Program.
<b>Cost:</b>	Free
<b>Schedule:</b>	Offered twice a year depending on demand and funding.
<b>Location:</b>	📍 Various locations throughout Saskatoon SK
<b>Contact:</b>	LiveWell CDM Program 655-LIVE (655-5483) (phone) 655-6758 (fax)

## Aim 4 Health

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<b>Who it is for:</b>	Individuals and their families living with or at risk of developing diabetes; specific focus on working with First Nations, Métis and Immigrant peoples.
<b>Goals:</b>	<p>To provide holistic, comprehensive and culturally appropriate services for the prevention, detection, treatment and self-management of diabetes.</p> <p>To enhance accessibility of services for diabetes care or prevention for First Nations, Métis and Immigrant peoples.</p>
<b>Service:</b>	Individual Counselling & Education Group Education Exercise Assessment Group Exercise Programs Community Education
<b>Additional:</b>	Aim 4 Health Program is a community outreach diabetes program providing education about diabetes prevention and care. The interdisciplinary team includes a nurse clinician, dietitian, exercise therapist, health educator, outreach workers and pharmacist. Family members are encouraged to attend appointments and programs. Health activities, screening and educational events are offered in partnership with organizations and groups.
<b>How to Register:</b>	Physician, Healthcare Provider or Self referral.
<b>Cost:</b>	Free
<b>Schedule:</b>	<p><b>Individual Counselling and Education</b> - Diabetes Office, 2409 - 22<sup>nd</sup> Street West and other community locations</p> <p><b>Adult Exercise Assessment and Prescription</b> 2409 - 22nd Street West</p> <p><b>Nēwo Steps at Saskatoon Indian &amp; Métis Friendship Centre</b> 168 Wall St. Free Drop-in exercise/nutrition/snacks Thurs 10 am - 12 pm</p> <p><b>Fitness, Food &amp; Fun</b> White Buffalo Youth Lodge, 602 – 20<sup>th</sup> St. Free Drop-in Tues 10 am - 12 pm &amp; Wed 530 pm - 730 pm</p> <p><b>Food Experience</b> – Saskatoon Food Bank &amp; Learning Centre – pre-register</p>

**Location:** The overall philosophy of this program is to provide outreach services where people regularly gather and in a variety of existing community locations. Home visits may be provided. Call for information on location sites and program times.

**Contact:** 655-LIVE (5483) (phone) 655-0528 (fax)

## Chronic Pain Centre

Chronic Pain Centre

26

## \* Chronic Pain Centre

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- Who is it for:** Adults with chronic non-malignant musculoskeletal and neuropathic pain and headaches. Individuals who are having difficulty coping and feel their lives are out of control due to the effects of chronic pain. Individuals possibly experiencing depression, sleep and/or mood disturbances as a result of their chronic pain may experience heavy reliance on medications, alcohol/drugs, and passive therapy. Individuals may have a significant decrease in physical activity and spend a lot of time resting. Individuals that are committed to actively participating in goal setting and treatment are the most likely to benefit from participation in this program.
- Goals:** To enhance quality of life by assisting individuals to regain and maintain control of their pain and their lives and to explore strategies for living with chronic pain.
- Service:** Treatment components available at the Chronic Pain Centre include:  
Education sessions  
Discussion/support groups  
Safe return to physical activity  
Individual and group sessions with a psychologist, physical therapist, occupational therapist, nurse and/or pharmacist or follow up with one of the Centre's physicians.  
A treatment program is developed specifically by the individual and the interdisciplinary treatment team, to meet needs in order to reach their treatment goals. Individuals have appointments with team members as necessary.
- Additional:** The Chronic Pain Centre is a new program of the Saskatoon Health Region. The interdisciplinary team of health care professionals who have expertise in the management of chronic pain offer assessment and treatment of public and private patients with chronic non-malignant pain. The team may include a nurse, occupational therapist, physical therapist, psychologist, pharmacist and physicians from anesthesiology, family medicine, neurology, neurosurgery, physiatry and psychiatry.
- How to Register:** Physician or Specialist referral.

**Schedule:** Daily attendance at the Centre for either a morning or afternoon session. Treatment lasts for approximately six weeks with a short one to two week break during the program.

**Location:** 🏢 Saskatoon City Hospital, 701 Queen Street, Saskatoon, SK

**Contact:** Chronic Pain Centre  
(306) 655-0810 (phone)  
(306) 655-0811 (fax)

**Email:** [cpc@saskatoonhealthregion.ca](mailto:cpc@saskatoonhealthregion.ca)

## Inflammatory Bowel Disease

\* Inflammatory Bowel Disease 29

## \* Inflammatory Bowel Disease (IBD)

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<b>Who is it for:</b>	Patients of a Gastroenterologist who has been diagnosed with Crohn's Disease or Ulcerative Colitis.
<b>Goals:</b>	<p>To provide assistance with and education pertaining to IBD disease management in order to control symptoms and prevent complications through:</p> <ol style="list-style-type: none"><li>1. In depth educational sessions about:<ul style="list-style-type: none"><li>o Disease (cause and course)</li><li>o Treatment options (side effects &amp; administration)</li><li>o IBD Wellness and primary prevention strategies</li></ul></li><li>2. Support for administration of medications (subcutaneous and intramuscular administration)</li><li>3. Medical Liaison<ul style="list-style-type: none"><li>o Facilitation of communication between the patient and members of the interdisciplinary health care team (test results, follow-up assessments)</li><li>o Facilitation of rapid medical assessment for IBD patients experiencing a disease flare</li></ul></li></ol>
<b>Service:</b>	Clients will meet with an interdisciplinary team of health care professionals who will assist them with the multifaceted management of their disease. Individual treatment plans will be developed based on input from the client as well as the team members. Clients may meet with individual team members either through clinics or by appointment as required.
<b>Cost:</b>	Free
<b>How to Register:</b>	Clients must be referred by a Gastroenterologist affiliated with the Multidisciplinary IBD Clinic at the Royal University Hospital.
<b>Schedule:</b>	Clients will be followed through clinic appointments or by individual appointments depending on the needs of the individual patient.
<b>Location:</b>	🏢 Royal University Hospital, 103 Hospital Drive, Saskatoon, SK
<b>Contact:</b>	Wendy Fehr Nurse Clinician, IBD 655-LIVE (655-5483)

## Neurological/Musculoskeletal Programs

<b>LiveWell Parkinson's Program</b>	<b>31</b>
<b>LiveWell Rheumatology Program</b>	<b>32</b>



## LiveWell Parkinson's Program

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- Who it is for:** Individuals who have Parkinson's.
- Goals:** To assist persons with a mild to moderate impairment begin an exercise program and improve quality of life.
- Service:** Includes stretching, strengthening, balance, coordination, postural and mild aerobics exercise.  
Most of the activities are in groups.
- Additional:** All participants will be assessed by a physical therapist to determine the appropriate group for exercise. Participants are encouraged to bring a support person as well as their wheelchair, walker or cane if they use one.
- How to Register:** Phone 655-4051 to get an application.
- Cost:** \$20.00
- Schedule:**
- |                                  |
|----------------------------------|
| Parkinson's (Jan -Jun, Sept-Dec) |
| <i>Tuesdays and Thursdays</i>    |
| 2:30-4:00PM                      |
- Location:** 🏠 Saskatoon Field House 2020 College Drive, Saskatoon SK
- Contact:** Stacy Sigfusson  
655-4051 (phone)  
655-4596 (fax)

## **LiveWell Rheumatology Program**

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- Who it is for:** Individuals with rheumatoid arthritis and osteoarthritis.
- Goals:** To provide individuals with information, support, and encouragement to learn how to take control of their arthritis.  
To develop arthritis self-management skills to lead a healthy lifestyle and improve quality of life.
- Service:** Referrals to other support services will be initiated by the team based on the needs of the individual.
- How to Register:** Physician, healthcare provider or self-referral
- Cost:** Free
- Location:**  Royal University Hospital, 103 Hospital Drive, Saskatoon SK  
 West Winds Primary Health Centre, 3310 Fairlight Drive, Saskatoon SK
- Contact:** 655-LIVE (5483) (phone)  
655-6758 (fax)

## **LiveWell With Chronic Conditions**

**LiveWell With Chronic Conditions**

**34**

## **LiveWell With Chronic Conditions**

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<b>Who is it for:</b>	Caregivers and/or individuals who have chronic health condition(s) such as, but not limited to: cancer, chronic pain, arthritis, diabetes, heart disease, chronic lung disease, Parkinson's disease, stroke/spinal cord injury, osteoporosis, multiple sclerosis, and kidney disease.
<b>Goals:</b>	<p>To help participants obtain information, learn new skills and abilities, and develop higher levels of confidence to manage and cope with chronic health conditions.</p> <p>To give people more confidence in handling their own health problems.</p> <p>To give and receive support from others who are experiencing similar health problems.</p>
<b>Service:</b>	<p>Included in this six week program are:</p> <ul style="list-style-type: none"><li>Problem solving and action plans</li><li>Exercise</li><li>Cognitive symptom management</li><li>Nutrition</li><li>Fatigue and symptom management</li><li>Advanced care directives</li><li>Use of medications</li><li>Dealing with fear, anger and depression</li><li>Communication with others</li></ul>
<b>Additional:</b>	The program began in 2002, and it is delivered under license from Stanford University by volunteer lay leaders. Pairs of trained volunteers work with groups of up to 12 people, once a week for 2.5 hours for six consecutive weeks. Results suggest that the program impacts people's sense of wellbeing and reduces healthcare utilization.
<b>Cost:</b>	Free
<b>Schedule:</b>	2.5 hours weekly for 6 consecutive weeks.
<b>Contact:</b>	LiveWell CDM Program 655-LIVE (655-5483) (phone) 655-6758 (fax) Rural Central Booking: 1-855-250-7070 (phone) (306) 682-4417 (fax)

## Nutrition Programs

<b>* LiveWell Chronic Disease Management Nutrition Counselling</b>	<b>36</b>
<b>LiveWell Nutrition Education Sessions</b>	<b>37</b>
<b>LiveWell Heart Healthy Nutrition</b>	<b>38</b>
<b>LiveWell Achieving a Healthy Body Weight</b>	<b>39</b>
<b>Good Food Box</b>	<b>40</b>
<b>Collective Kitchen</b>	<b>41</b>

## **\* LiveWell Chronic Disease Management Nutrition Counselling**

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- Who is it for:** Adults age 18 and over.
- Goals:** To provide nutrition education for prevention and management of chronic disease.
- Service:** Individualized nutrition assessment and counselling for a variety of conditions including, but not limited to, heart disease, gastrointestinal disorders, allergies and pregnancy.
- How to register:** Physician or healthcare provider referral.
- Cost:** Free
- Schedule:** Monday to Wednesday 8:00 am to 4:30 pm
- Locations:**
- ▣ West Winds Primary Health Centre, Saskatoon SK
  - ▣ Rural sites, phone central booking for sites and schedules
- Contact:** 655-4260 (ph)  
655-4893 (fax)
- Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## LiveWell Nutrition Education Sessions

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**Who is it for:** Any individual interested in making healthy food choices and those with particular health issues.

**Goals:** To improve health and well being through nutrition education.

**Service:** Education sessions focusing on a discussion of:

Sessions for anyone:

1. Achieving a Healthy Body Weight
2. Heart Healthy Eating

Sessions for people with Diabetes:

3. Carbohydrates, Labels, Sweeteners and Recipes  
*\* Session 3 is recommended before attending sessions 4 & 5*
4. Food Portioning, Restaurant Eating and Alcohol use
5. Grocery Store Tours for Diabetes

**How to Register:** Phone 655-LIVE to register

**Cost:** Most sessions free of charge

**Schedule:** Session dates and lengths vary.

**Location:**  
☒ Offered at various locations throughout the city of Saskatoon SK  
☒ Rural Sites, phone central booking for sites and class availability

**Contact:** 655-LIVE (655-5483) (phone)  
655-6758 (fax)

Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## \* LiveWell Heart Healthy Nutrition

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- Who is it for:** Individuals interested in improving their heart health through good nutrition.
- Goals:** To teach individuals how to improve their blood pressure and cholesterol levels through healthy food choices.
- Service:** Information sessions focusing on a discussion of:  
Risk factors for heart disease and stroke.  
Healthy food choices for improving blood pressure and cholesterol.  
Food portions to encourage a healthy body weight.
- How to register:** Physician, healthcare provider or self referral.  
Phone 655-LIVE to register.
- Cost:** Free
- Schedule:** 2 hour session offered once every two months.
- Locations:**
- At various locations throughout the city of Saskatoon SK
  - Rural Sites, phone central booking for sites and class availability
- Contact:** 655-LIVE (655-5483) (phone)  
655-6758 (fax)
- Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

## **LiveWell Achieving a Healthy Body Weight**

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- Who is it for:** Any adult individual interested in weight control.
- Goals:** To improve health and well being through education about healthy lifestyle choices.
- Service:** Information session focusing on a discussion of:  
Why obesity rates are increasing  
Health risks of obesity  
Healthy food choices  
Physical activity  
Behaviour modification  
Goal setting
- How to Register:** Physician, healthcare provider or self referral.  
Phone 655-LIVE to register
- Cost:** None
- Schedule:** 2 hour session offered once a month.
- Location:** 🏠 At various locations throughout the city of Saskatoon SK
- Contact:** 655-LIVE (655-5483) (phone)  
655-6758 (fax)

## Good Food Box

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**Who it is for:** Anyone who wants to support local farmers, purchase inexpensive and high quality produce, and enjoy a variety of fruits and vegetables.

**Goals:** To provide a variety of quality food at an affordable price for individuals and families.

**Service:** A box of locally grown fruits and vegetables can be bought and picked up in designated neighbourhoods.  
Each bin will include nutritional information and recipes.

**Additional:** The food comes in a returnable plastic container. Contents vary according to season, quality, price and availability of foods.

**How to Register:** Contact CHEP Good Food Inc. at 655-5387

**Cost:**

Available Boxes	
Small Fruit & Veggie Box (inc. grain)	\$12
Regular Fruit & Veggie (inc. grain)	\$17
Small Fruit	\$12
Large Fruit	\$20
Organic and Pesticide Free Box	\$30

**Schedule:** Boxes can be ordered once or twice a month.



**Location:** 🏠 Various pick-up locations throughout Saskatoon SK  
🏠 Contact CHEP Good Food Inc. for neighbourhood depots

**Website:** [www.chep.org](http://www.chep.org)

**Contact:** Good Food Box Coordinator  
655-5387 655-5619 (phone)  
655-5512 (fax)

## Collective Kitchen

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- Who it is for:** Anyone interested in cooking and learning about good food.
- Goals:** To assist community groups and individuals to cook in bulk for their families and themselves with a focus on affordable, healthy foods.
- Service:** Learning and sharing skills such as cooking and budgeting.
- Additional:** This is a partnership between the Saskatoon Community Clinic, Saskatoon Health Region, Public Health Services and CHEP Good Food Inc.
- How to Register:** Contact CHEP Good Food Inc. at 655-5387
- Cost:** Participants pool their money towards the cost of food and this amount is matched by the partnership.
- Schedule:** Varies. Contact Janet Philips for schedule.
- Location:**  Various locations throughout Saskatoon Health Region  
 Usually held at schools and churches with community kitchens
- Website:** [www.chep.org](http://www.chep.org)
- Contact:** Collective Kitchen Coordinator  
655-5093 (phone)  
655-5572 (fax)



\* LiveWell Positive Living Program

\* Positive Living Program

43

## **\* LiveWell Positive Living Program**

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- Who it is for:** Adults and Children with HIV (Human Immunodeficiency Virus) and or Hepatitis C.
- Goals:** To provide treatment, education, self-management and support for clients with HIV or Hepatitis C and affected significant others (families).
- Service:** Clinic based care provided by a multidisciplinary team including infectious disease specialists, gastroenterologist, nurse clinicians and pharmacist.
- How to Register:** Physician referral.  
Phone 655-LIVE (5483) for more information or to obtain a referral form.
- Cost:** Free
- Schedule:** Clinics Monday – Friday, Days vary with location of clinic
- Location:**  Royal University Hospital 103 Hospital Drive, Saskatoon SK.  
 West Side Community Clinic, 1528 20th Street West, Saskatoon SK
- Contact:** 655-1783 (phone)  
655-0614 (fax)

## Respiratory Programs

<b>* LiveWell COPD Program</b>	<b>45</b>
<b>* LiveWell Pulmonary Rehabilitation Program</b>	<b>47</b>
<b>LiveWell Adult Cystic Fibrosis Clinic</b>	<b>48</b>
<b>* LiveWell Asthma Education Program</b>	<b>49</b>
<b>* LiveWell Sleep Disorders Programs</b>	<b>50</b>
<b>* Sleep Disorders Centre</b>	<b>50</b>
<b>* Sleep Well Program</b>	<b>52</b>
<b>(SAIL) Saskatchewan Aids to Independent Living Program</b>	<b>54</b>

## \* LiveWell COPD Program

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**Who is it for:** People with COPD (chronic obstructive pulmonary disease) Patients should have a COPD diagnosis confirmed by spirometry.

**Goals:** The program works closely with the client and family physician:  
To optimize management and improve the quality of life for COPD patients and their families.  
To assist clients to take control of their COPD.  
To manage their symptoms and decrease complications.  
To help avoid emergency room visits and hospital admissions.  
To design and implement a plan of action for each client. (improve their self-management)

**Service** This program follows best evidence guidelines and includes education, exercise and self management support.

Education topics include:

- Antibiotics
- Smoking Cessation
- Energy Conservation
- Medication
- Exercise
- Coping
- Travel & Recreation
- Pulmonary Rehabilitation
- Nutrition
- Sexuality
- Living well
- Breathing Techniques
- Oxygen Therapy

A plan of action is addressed at each visit. It includes a medical prescription completed by the family physician to assist clients in the management of their COPD.

Patients also receive:

- Handout on Healthy Eating for People with COPD
- Breath works Fact Sheets & Plans

Referrals to the Pulmonary Rehabilitation program are provided with the family physician's approval and patient consent.

**Additional:** The LiveWell COPD program partners with the Lung Association and also works closely with the Pulmonary Rehabilitation Program. The team includes COPD nurse clinicians, physical and exercise therapists, dietitians, the client's family physician and respirologist (when indicated).

**How to Register:** Physician referral. Phone 655-LIVE (5483) for a referral form.

**Cost:** Free

**Schedule:** Appointment based

**Location:**

- ▣ Saskatoon SK Hospitals
- ▣ Saskatoon Field House, 2020 College Drive, Saskatoon SK
- ▣ Confederation Mall, 300 Confederation Drive, Saskatoon SK
- ▣ Shaw Center, 122 Bowlt Crescent, Saskatoon SK
- ▣ Humboldt SK

**Contact:** 655-LIVE ( 655-5483) (phone)  
655-6758 (fax)

Rural Central Booking: 1-855-250-7070 (phone)  
(306) 682-4417 (fax)

Saskatoon Field House	655 4595
Confederation Mall	655 2480
Shaw Centre	655 4051

## \* LiveWell Pulmonary Rehabilitation Program

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**Who it is for:** Individuals with diagnosed chronic lung disease.

**Goals:** To help those with chronic lung disease self manage, treat progression and maintain standard of living.

**Service:** Education and exercise based program.

**Additional:** Pulmonary Rehab is a partnership between the Saskatoon Health Region, the Lung Association of Saskatchewan and the University of Saskatchewan. This program is designed to improve quality of life, symptoms of shortness of breath and activity tolerance of participants involved. Exercise and education sessions are central to this program.

**How to Register:** Physician referral.

**Cost** Cost varies depending on location. Contact 655-2480 for more information.

**Schedule:**

	<b>Confederation Mall</b>	<b>Saskatoon Field House</b>	<b>Shaw Centre</b>
<b>Days</b>	Monday/Wednesday/Friday	Monday/Wednesday/Friday	Monday/Wednesday/Friday
<b>Exercise Class Times</b>	12:30 – 1:30 pm 1:30 – 2:30 pm	12:30 – 1:30 pm 1:30 – 2:30 pm	8:30 – 9:30 am 9:30 – 10:30 am 10:30 – 11:30 am
<b>Cost</b>	None	\$25/month – participant \$15/month – support	\$25/month – participant \$15/month – support
<b>Education Classes</b>	Schedule TBA	Schedule TBA	Schedule TBA

- Locations:**
- ☒ Saskatoon Field House, 2020 College Drive, Saskatoon SK
  - ☒ Confederation Mall 300 Confederation Drive, Saskatoon SK
  - ☒ Shaw Center, 122 Bowlt Crescent, Saskatoon SK
  - ☒ Humboldt Uniplex LIFE Program, schedule varies from above

- Contact:**
- ☒ Saskatoon Field House      655-4595
  - ☒ Confederation Mall      655-2480
  - ☒ Shaw Centre      655-4051
  - ☒ Rural Central Booking: 1-855-250-7070 (phone)  
    \ (306) 682-4417 (fax)



## **LiveWell Adult Cystic Fibrosis Clinic**

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<b>Who it is for:</b>	Adults (17 years +) living with cystic fibrosis.
<b>Goals:</b>	To optimize management and improve the quality of life for individuals living with Cystic Fibrosis.
<b>Service:</b>	Provide clinics where clients are supported by a multidisciplinary team consisting of a respirologist, physiotherapist, pharmacist, genetic counsellor, dietitian and nurse coordinator  Coordination of home IV Therapy as required  Coordination of care for hospitalized clients
<b>How to Register:</b>	Contact the CF Nurse Coordinator or call 655-LIVE (5483)
<b>Cost:</b>	Free
<b>Schedule:</b>	Appointment based
<b>Location:</b>	☒ Royal University Hospital, 103 Hospital Drive, Saskatoon SK
<b>Contact:</b>	655-LIVE (655-5483) (phone) or 655-6781 (phone) (CF Nurse Coordinator) 655-6758 (fax)

## \* LiveWell Asthma Education Program

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- Who it is for:** Adults and Children attending West Winds Primary Health Centre and all adults residing within Saskatoon Health Region who are living with Asthma.
- Goals:** The Program works closely with the client and family physician or Respiriologist to optimize management and improve the quality of life for asthma patients:
- To increase patient awareness of asthma triggers and how to avoid them.
- To assist patients in recognizing signs of worsening asthma and learning to take the appropriate action by using a personalized “Action Plan” (self-management).
- To review prescribed medications and teach clients how to use them.
- Service:** Clinic based care and individual sessions.
- How to Register:** Physician referral or self referral using 655-LIVE (655-5483)
- Cost:** Free
- Schedule:** Appointment based
- Location:**  West Winds Primary Health Centre, 3311 Fairlight Dr, Saskatoon SK – Children and Adults
-  Royal University Hospital, 103 Hospital Drive, Saskatoon SK Adults
- Contact:** 655-LIVE (655-5483) (phone)  
655-6758 (fax)

## \* LiveWell Sleep Disorders Programs

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The Sleep Disorders Centre provides diagnosis and treatment for individuals with sleep disorders. There are approximately 82 distinct sleep disorders that can be successfully treated including the most common, Obstructive Sleep Apnea (OSA), Narcolepsy, Periodic Leg Movements, and Parasomnias (strange behaviours during sleep or arousals from sleep).

### \* Sleep Disorders Centre

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<b>Who it is for:</b>	Adults from all areas of the province with a suspected sleep disorder.
<b>Goals:</b>	To provide diagnosis, treatment, and education in order for clients to self-manage their sleeping disorder.
<b>Service:</b>	<p>Investigate sleeping disorders by performing an overnight sleep study/ polysomnography (PSG) and daytime multiple sleep latency testing (MSLT) in the Sleep Disorders Centre.</p> <p>Prescribe treatment using a Positive Airway Pressure (PAP) machine or provide recommendations to the referring physician.</p> <p>Provide education and support to clients who are on PAP treatment and their families in self-management.</p> <p>Educational topics discussed may include:</p> <ul style="list-style-type: none"><li>○ Sleep apnea and other sleeping disorders</li><li>○ Risk factor modification</li><li>○ PAP treatment and benefits</li></ul>
<b>How to Register:</b>	<p>Referral from Family Physician to a Respiriologist, Neurologist, or Psychiatrist</p> <p>Health Care Professional or self-referral by client to Nurse Educator for support/follow up.</p>
<b>Cost:</b>	<p>No cost for the testing.</p> <p>If the client begins PAP treatment, the machine is provided through a government program. The client will need to purchase a mask with head gear, tubing, and potentially a heated humidifier from a Private sleep apnea equipment distributor. These supplies may be claimed on most third party insurance policies.</p>
<b>Schedule:</b>	<p>Client is referred by their family physician to a respirologist, neurologist or psychiatrist.</p> <p>If an overnight sleep study is warranted, a request is forwarded to the Sleep Disorders Centre for an overnight sleep study (polysomnogram).</p>

Normally one overnight session is sufficient. However, depending on the result of the overnight study, some clients may require additional testing consisting of 4 or 5 short naps over the course of the day or may need to return for another overnight sleep study for various reasons.

The overnight stay begins at approximately 8:00pm on the test date and ends about noon of the following day. If daytime testing is required the entire study is usually completed by approximately 5:00pm.

**Location:** 🏠 Saskatoon City Hospital, 710 Queen Street, Saskatoon SK

**Contact:** Individual's family physician for referral to a sleep specialist

Sleep Disorders Centre  
(306) 655-8555 extension 1(phone)  
(306) 655-8000 (fax)  
Sleep Disorders Nurse Educator  
(306) 655-8555 extension 3

## \* Sleep Well Program

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<b>Who it is for:</b>	Adults throughout the province with suspected Obstructive Sleep Apnea (OSA).
<b>Goals:</b>	To provide diagnosis, treatment, and education for clients to self-manage their OSA.
<b>Service:</b>	<p>Investigate OSA through in-home diagnostic testing using an Embletta monitor.</p> <p>Provide education and support to clients diagnosed with OSA and their families in self-management.</p> <p>Educational topics discussed include:</p> <ul style="list-style-type: none"><li>What is OSA and how untreated OSA affects their health</li><li>OSA risk factor modification</li><li>OSA treatment</li></ul> <p>Prescribe treatment using a Continuous Positive Airway Pressure (CPAP) machine or provide recommendations to the referring physician.</p>
<b>How to Register:</b>	Referral from Family Physician to a Respiriologist.
<b>Cost:</b>	<p>No cost for the testing.</p> <p>The client is required to obtain a mask from a private sleep apnea equipment distributor for the Auto PAP portion of the program. Some have demo programs.</p> <p>If the client begins CPAP treatment, the machine is provided through the government program, Saskatchewan Aids to Independent Living Respiratory Benefits Program (S.A.I.L.) but the client will need to purchase a mask with head gear, tubing, and potentially, a heated humidifier from a Private sleep apnea equipment distributor.</p>
<b>Schedule:</b>	<p>The client is taught by the Polysomnography (PSG) technologist how to apply and use the Embletta monitor in their home overnight. The client will return the Embletta the next morning by 9:00 a.m. The test is scored by the PSG technologist and interpreted by a Sleep Medicine Specialist.</p> <p>If the in-home screening test is positive for OSA, the physician interpreting the Embletta study will prescribe an Auto Positive Airway Pressure (Auto PAP) machine.</p>

The client is taught by the Nurse Educator on OSA and how to use the Auto PAP machine at home for one week.

The client will return for an appointment with the Nurse Educator with the Auto PAP machine. A Sleep Medicine Physician will interpret the Auto PAP study and prescribe CPAP treatment or provide recommendations to the referring physician.

**Location:** 🏠 Saskatoon City Hospital, 710 Queen Street, Saskatoon SK

**Contact:** Family Physician to have individual referred to a Respirologist.

Sleep Disorders Centre  
(306) 655-8555 extension 1 (phone)  
(306) 655-8000 (fax)

Sleep Well Nurse Educator  
(306)655 8555 extension 3 (phone)

## **(SAIL) Saskatchewan Aids to Independent Living Program**

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- Who it is for:** The Saskatchewan Aids to Independent Living (SAIL) maintains a selection of respiratory equipment that is loaned on a contractual basis to eligible Saskatchewan residents. The items include Continuous Positive Airway Pressure (CPAP) and Bi-Level flow generators, ventilators, suction and trach products.
- Service:**
- Respiratory equipment loans
  - Servicing of SAIL owned respiratory equipment
  - Technical support of SAIL owned respiratory equipment
  - Suction supplies
  - Tracheostomy supplies
- Cost:** CPAPs and Bi-Level flow generators are provided on loan based on a valid health services number. You are required to purchase your headgear, mask, tubing and perhaps a humidifier from a Private sleep apnea equipment distributor home oxygen supplier:
- |   |   |
|---|---|
| Airgas Canada<br>Bay 10, 401 Pakwa Place<br>Saskatoon SK S7K 4K4<br>933-0202        | Medigas/Praxair<br>#5-834-51st Street East<br>Saskatoon SK S7K 0X7<br>242-3325        |
| Prairie Oxygen<br>3-816-1st Avenue North<br>Saskatoon SK S7K 1Y3<br>384-5255        | Provincial Home Oxygen<br>#1 – 3122 Millar Avenue<br>Saskatoon SK S7K 0S9<br>651-1243 |
| Saskatoon CPAP Services<br># 102 610 Queen St<br>Saskatoon , SK S7K 0M8<br>974-0030 | VitalAire<br>518B-48th Street East<br>Saskatoon SK S7K 5T9<br>931-3334                |
- Contact:** SAIL Respiratory Benefits Depot  
655-2505 (phone)  
Extension 1: to book a planned maintenance  
Extension 2: for program policy, repairs and technical support  
655-1755 (fax)

## **\* LiveWell Tuberculosis (TB) Control Saskatchewan**

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<b>Who it is for:</b>	<p>All residents of Saskatchewan with suspected or diagnosed tuberculosis infection or disease.</p> <p>Provides support for health care professionals in the early detection of clients with tuberculosis – <i>Cough &gt; 3 weeks; Fever &gt; 1 week; Pneumonia that does not respond to regular antibiotic therapy.</i></p>
<b>Goals:</b>	<p>Eliminate tuberculosis with our Province through surveillance, detection, treatment and prevention.</p> <p>Provide “at home – in community” treatment designed to meet the individual needs of the client.</p> <p>Build strong relationships and partnerships by facilitating respect and understanding.</p>
<b>Service:</b>	<p>Identify, prevent, treat and provide follow-up for clients with tuberculosis infection and/or disease.</p> <p><b>All anti-tuberculosis medication is prescribed and dispensed from TB Control Saskatchewan.</b></p> <p>Program consists of: TB Physicians, TB Nurse Clinicians, TB Pharmacy, TB Program Workers, administration and management.</p> <p>Directly Observed Therapy / Directly Observed Prophylaxis for all Saskatchewan residents.</p> <p>Provide ongoing TB education and training.</p> <p>Initiate and monitor contact tracing.</p> <p>Follow-up to Immigration referrals.</p> <p>Follow-up to pre-school and school screening on reserve</p> <p>Coordination with all relevant agencies, community Health Nurses and TB Program Workers in the field.</p>
<b>Process:</b>	<p>Health care providers or self referral. Phone 1-306-933-6482 for more information.</p>
<b>Cost:</b>	<p>Free</p>
<b>Schedule:</b>	<p>Appointment based</p>

**Locations:**      📍 #411 – 4<sup>th</sup> Floor Ellis Hall, Royal University Hospital, 103 Hospital Drive, Saskatoon SK  
📍 110 – 8<sup>th</sup> Street East, Prince Albert SK  
📍 1440 – 14<sup>th</sup> Avenue, Regina General Hospital, Regina, SK

**Contact:**      Saskatoon:  
(306) 655-1740  
(306) 655-1495 (fax)

Prince Albert:  
(306) 765-4260  
(306) 765-4264 (fax)

Regina:  
(306) 766-4311  
1-866-780-6482 (toll free within Saskatchewan)  
1-306-933-6482 (phone)  
1-306-933-7198 (fax)

**Links:**      Saskatchewan Lung Association:  
[http://www.lung.ca/diseases-maladies/tuberculosis-tuberculose\\_e.php](http://www.lung.ca/diseases-maladies/tuberculosis-tuberculose_e.php)

Canadian Tuberculosis Standards:  
Waiting

Public Health Canada:  
<http://www.phac-aspc.gc.ca/tbpc-latb/index-eng.php>

World Health Organization:  
<http://www.who.int/topics/tuberculosis/en/>

Centers for Disease Control and Prevention:  
<http://www.cdc.gov/tb/>

## Road to Well-Being

Road to Well-Being

58

## Road to Well-Being

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<b>Who is it for:</b>	General public interested in overall well-being and reducing stress.
<b>Goals:</b>	Provide participants with information and strategies that will reduce stress, promote healthy relationships, and increase their overall well-being.
<b>Service:</b>	Educational classes, including group discussions. Topics include: Optimism Hope Supportive Relationships Forgiveness Stress management Relaxation Connecting with others Expressing your opinions and emotions Finding meaning and spirituality
<b>Additional:</b>	The Road to Well-Being program is a new initiative in the prevention of illness and promotion of health and well-being
<b>How to Register:</b>	Phone Road to Well-Being
<b>Cost:</b>	\$10.00 (includes information binder and relaxation cd)
<b>Schedule:</b>	Time varies
<b>Location:</b>	☒ To be announced
<b>Website:</b>	<a href="http://www.roadtowellbeing.ca">www.roadtowellbeing.ca</a>
<b>Contact:</b>	(306) 655-LIVE (306-655-5483) (phone) 655-4425 (fax)