



**Saskatchewan
Health Authority**



Saskatoon and Area
Programs and
Provincial Programs



Chronic Disease Management Programs and Services

**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: 1-855-250-7070

live-well@saskhealthauthority.ca

www.saskatoonhealthregion.ca/LiveWell

April 2, 2019



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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, psychologists, peer leaders and support staff provide individual/group education, therapy, assessment, 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



Listed below are the services you can access after purchasing your one-time \$30 LiveWell membership fee:

LiveWell Education

Group education program options are available to support you and your family as you learn information and develop skills to manage your health condition. You will learn you are not alone and understand the emotional adjustments, identify risk factors within your control along with positive lifestyle choices you can take to impact your future health.

LiveWell Exercise

Learn how to create a complete exercise program that fits your individual lifestyle and health condition by participating in our medically supervised exercise programs. Problem-solve and find solutions to barriers that may be preventing you from reaching your fitness goals. You receive 1 month of facility based programming or a home-based exercise program.

Craving Change™: What is Your Relationship with Food?

Learn strategies to improve your relationship with food and overcome emotional eating. Change your thinking, change your eating!!

Grocery Store Tour: Confused? What is Healthy?

Tour the grocery store with a dietitian, sample some tasty, healthy recipes and discuss healthier options when eating away from home.

LiveWell with Chronic Conditions: Put Life Back in Your Life!

Learn new tools to manage your chronic illness. Set weekly goals, learn to handle difficult emotions, eat well, exercise safely, manage fatigue, improve your communications skills and more during these workshops!

Men's Cooking Class: Learn, Laugh and Taste!

New to cooking? With the help of a dietitian and professional cook, learn how to shop for and prepare healthy, great tasting food in a small supportive group for men.

Smoking Cessation Support: Thinking of Quitting? We can HELP!

Quitting is the most powerful thing you can do for your health! We will connect you with a trained pharmacist or nurse for 1 to 1 support for quitting. They can help before, during and after quitting!

Emotional Support Coping with Chronic Illness: Want to Feel Better Mentally?

Struggling with emotions (anxiety, sadness, stress) related to your chronic illness? We offer a peer led group for dealing with difficult emotions related to adjusting to a chronic illness

For more information, call: 306-655-LIVE (306-655-5483)

LiveWell Chronic Disease Management
Box 1, Royal University Hospital Drive
Saskatoon, Saskatchewan S7N0W8

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LEGEND: * = Physician Referral

Remaining programs are self referral or healthcare provider referral.



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Bleeding Disorders

* Saskatchewan Bleeding Disorders Program

Who it is for:	Adults and children with bleeding disorders throughout the province.
Goals:	<p>To provide comprehensive care to individuals and their families with Hemophilia, von Willebrand Disorder, and other inherited bleeding disorders.</p> <p>Ensure individuals with bleeding disorders have access to appropriate and timely health care.</p> <p>Support individuals and their families in self management.</p>
Service:	<p>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 Genetic Counselling.</p> <p>Clinical and laboratory diagnostic services.</p> <p>Patient education on bleeding disorders, treatment and self management.</p> <p>Support of home infusion therapy.</p> <p>Assessment of physical complications to prevent and/or minimize musculoskeletal problems and activity selection.</p> <p>Coordination and therapeutic management pre and post procedures and surgeries.</p> <p>Psychosocial support and referral (if necessary).</p> <p>Monitoring of coagulation product usage in the province.</p> <p>Education of health care professionals in the diagnosis and management of bleeding disorders.</p> <p>Provision of education to the general public, schools, employers.</p>
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:	<p>The Hematologist verifies the diagnosis.</p> <p>The client is given a date and time to attend an outpatient appointment with the multidisciplinary team members.</p>

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 outreach clinics are held in Regina and Prince Albert various times throughout the year. Teleconferencing is available as needed.

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 on call
306-381-4185 (phone)
306-655-6426 (fax)

Cardiac Programs

LiveWell Cardiac Program

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, heart transplant, or rhythm problems and internal cardiac defibrillator (ICD). 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 decrease the risk of disease progression and the reoccurrence of cardiac events.

To provide education, exercise and support. To assist clients to self-manage their chronic condition.

Service: Group education classes are offered over a one week period every month. Different program options are available. Please contact us for more information.

The medically supervised exercise program is available to clients and a support person at 2 locations in the city. Another option: you can meet with an exercise therapist 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.

Contact: 306-655-LIVE (306-655-5483)
306-655-6758 (fax)

Cost: \$30 first month. (education classes, and exercise program for 1 month).
\$30/month for participant
\$20/month/support person

Exercise Schedule:

Weekly schedule for both city locations:

Saskatoon Field House - 2020 College Drive Ph: 306-306-655-4595:		
Morning Program	Afternoon Program	Evening Program
Monday/Wednesday/Friday 8:30-11:30AM Tuesday/ Thursday 8:00-11:00AM	Monday/Wednesday/ Friday 12:15 – 3:15PM	Monday/ Wednesday 4:30 - 7:30PM Tuesday/ Thursday 5:00 - 8:00PM
Individuals are assessed at program entry. Physician supervision is not available in the evening program at the Saskatoon Field House.		
Shaw Centre -122 Bowlt Crescent Ph: 306-655-4051		
Mondays, Wednesday, Friday 6:30 - 11:30AM and 12:30 – 2:30PM Tuesday/ Thursday 8:00-11:00AM (<i>Seasonally</i>)		Please call 306-655-2480 for details.
Rural Location:		
Humboldt Uniplex - LIFE Program		Please call them for exercise schedule and more information.
Rural Central Booking: Ph: 1-855-250-7070 Fax: 306-306-682-4417		

LiveWell Heart Function Program

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:	Cardiology referral; Physician, healthcare provider or self referral
Contact:	Linda Sinclair 306-655-2421 (phone) 306-655-6758 (fax) Rural Central Booking: 1-855-250-7070 (phone) 306-682-4417 (fax)

LiveWell Stroke Exercise Program

Who is it for?	Individuals who have had a stroke.
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. Some of the activities will take place in groups.
Additional:	Participants are encouraged to bring a support person as well as their wheelchair, walker or cane if they use one.
How to Register:	Phone 306-655-4595
Cost:	\$30/month
Schedule:	Stroke Patients Tuesday/Thursday 8-11am and 1-2:30pm ☒ Saskatoon Field House, 2020 College Drive, Saskatoon SK
Contact:	306-655-4595 (phone) 306-655-4596 (fax)

* LiveWell Heart Healthy Nutrition

- Who is it for:** Adults with high cholesterol, high blood pressure, heart disease or at high risk for heart disease.
- Goals:** To learn heart healthy eating habits
- Service:** A 90 minute session led by a registered dietitian where you will learn about:
- Eating for good heart health
 - Reading food labels
 - Portion sizes
 - Tips to tasty heart healthy meals
- How to Register:** Physician, health care provider or self-referral
- Cost:** Free
- Schedule:** One session every month
- Location:** West Winds Primary Health Centre
Varsity Sobey's – 8th Street and Cumberland Avenue
- Contact:** 306-655-LIVE (306-655-5483) (phone)
306-655-6758 (FAX)

Clinical Health Psychology

* Clinical Health Psychology - Psychotherapy Services

Who is it for:	Children, adolescents, and adults with emotional and psychological issues related to health. For some, the issues may emerge with a medical condition including adjusting to that condition or diagnosis. For others, emotional and psychological issues may aggravate medical conditions.
Goals:	To assist persons to become aware of the impact of emotional and psychological issues on their health and to make personal changes that help them to better care for their health and live with their conditions.
Service:	Includes individual therapy, provided in a format that best suits the needs of the child, adolescent or adult. Group therapy is also provided at this time, to adults with either diabetes or a cardiac condition.
Additional:	All adults are contacted prior to being accepted for psychotherapy for either a phone or in-person intake assessment. This is completed within approximately two to four weeks of referral to further assess the client's suitability for psychotherapy. After this they are placed on a list to await services. The parents of children and adolescents receive a letter indicating that they have been referred and are on a waiting list.
How to Refer:	A medical doctor or a health professional must complete the department's referral form found either on the web under the Department of Clinical Health Psychology or on the "S" drive within the CDM folder and mail or fax it to the department.
Cost:	Free
Schedule:	<p><i>Individual Therapy:</i> Provided Monday to Friday between 8:30 am and 5:00 pm. Exceptions are made at times to see clients at a later time of day only under exceptional circumstances.</p> <p><i>Group Therapy:</i> At this time the group is provided on Wednesday evenings. The group is open-ended; new admissions are included after the start of the group.</p>
Location:	🏢 Room 221, Ellis Hall, Royal University Hospital, 103 Hospital Drive, Saskatoon SK
Contact:	Phone: 306- 655-2341 Fax: 306- 655-2340

* Clinical Health Psychology - Neuropsychological Assessment Service

Who is it for:	Older adolescents (aged 17 and up) and adults with known or suspected cognitive impairment resulting from an insult, injury, or medical condition.
Goals:	To provide information on cognitive functioning to clients, medical doctors, and health professionals so as to assist in diagnosis, in making treatment decisions, in documenting progress or decline in a condition, or in trying to determine what supports and assistance a client might need.
Service:	Assessment of cognitive functioning and psychological factors that might affect everyday performance.
Additional:	Assessments range from two hours to full days. Clients are informed of the length of appointment at the time of booking. Clients attending for a full day are given a break for lunch, but no meal is provided. Clients who have a third-party insurer are not seen by this program.
How to Register:	A medical doctor or a health professional must complete the department's referral form found either on the web under the Department of Clinical Health Psychology or on the "S" drive within the CDM folder and mail or fax it to the department.
Cost:	There is no cost for the assessment. However, additional copies of reports requested from the department by groups, such as third-party payers, are billed.
Schedule:	Provided Monday to Thursday between 9:00 am and 4:00 pm.
Location	 Room 221, Ellis Hall, Royal University Hospital, 103 Hospital Drive, Saskatoon SK
Contact:	Phone: 306- 655-2341 Fax: 306- 655-23400

Diabetes Programs

LiveWell Diabetes Program

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>
Individual Education	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.
Group Education	Group education is provided for newly diagnosed individuals and their family by a dietitian and exercise therapist(s). Follow up group session is provided for participants.
	<ul style="list-style-type: none"> • Admission by referral to physician only • Newly diagnosed children/youth are seen for 3-5 days inpatient or outpatient for education and medical management at Royal University Hospital. Follow-up (Phone, fax, email, in person) occurs frequently in the first year, followed by clinic visits with team every 6 months until age 18. • Newly diagnosed children/youth with diabetes are considered urgent. Call the RUH switchboard, 306-655-1000 and ask for the Pediatric Endocrinologist on call. • Fax all non-urgent referrals to 306-844-1536. Wait time to see: 1-3 months depending on need • Care team consists of Pediatric Endocrinologist, Nurse, Dietitian and Social Worker. • Questions? Contact Pediatric Endocrinology – 306 -655-2048
Pregnancy	Admission by physician referral only. Education is provided for any pregnant woman with pre-existing diabetes (type 1 or 2) or gestational diabetes. Women with gestational diabetes meet with a dietitian for an individual appointment. Follow-up is booked as necessary. The Diabetes in Pregnancy Clinic is for those with pre-existing diabetes or the women with gestational diabetes that require insulin. Clinic is every Tuesday afternoon at RUH and every Thursday morning at West Winds Primary Health Centre.

Outpatient Adult Clinics	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.
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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
- ▣ LiveWell Aim 4 Health, 2409 22nd Street West, Saskatoon SK
- ▣ West Winds Primary Healthcare Center, 3311 Fairlight Drive, Saskatoon SK

Contact: 306-655-2136 or 306-655-2137 (phone)
306-655-6758 (fax)

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

First Step Program

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: Various health related education classes offered seasonally. Trained exercise therapists will assess needs and help develop healthy lifestyle habits during each session.
Exercises include cardiovascular, strength, and flexibility components.

How to Register: Physician or self referral.

Cost: The cost includes 3 months of exercise (3 times/week) plus the education cycle

Without Diabetes or Prediabetes (City)	
<i>Participant</i>	<i>Support Person</i>
252.75	\$79.50
With Diabetes or Prediabetes (SHR)	
<i>Participant</i>	<i>Support Person</i>
\$90.00	\$60.00

Program times vary between locations, please contact site-specific coordinator for more details.

For more information on the First Step Program please call:

- Stacy Sigfusson **Shaw Centre** 306-655-4595 122 Bowlt Crescent 306-655-4595
- Kelly Goldfinch **Saskatoon Field House** 306-975-3121 Saskatoon Field House 2020 College Drive 975-3354
- 306-655-4596 (Fax)

Website:

☒ <https://www.saskatoon.ca/firststep> <http://www.saskatoonhealthregion.ca/LiveWell>

For information for Rural Sites :

☒ 1-855-250-7070 (phone)
306-682-4417 (fax)

LiveWell with Diabetes

Who it is for: Adults with prediabetes or newly diagnosed with type 2 diabetes.

Goals: To assist the participants to begin the process of looking after their diabetes and staying healthy with diabetes.

Service: Consists of group classes offered in two parts.
Part one involves education about what diabetes is, why it's important to look after it, the ways to control it and the opportunity to learn how to set realistic and achievable goal.

Part two includes a cooking demonstration, grocery store tour and a more detailed discussion regarding medications for diabetes.

These classes are led by a registered dietitian and an exercise therapist. These professionals guide participants through the program as outlined above, helping them to understand how to get started with the healthy eating and/or a safe and effective exercise program.

Additional: Support persons are welcome to attend the groups.

How to register: Ask your Doctor for a referral to the program
OR
If you have been recently diagnosed with type 2 diabetes you may call 655-LIVE (655-5483) to learn more about self referral

Cost: \$30

Schedule:

- Part one is held twice per month 12:00 pm registration, 12:30-3:30 PM education at either the Field house or the Shaw center
- Part two is held once a month , 12:30 – 3:30 PM at the Sobeys in Stonebridge

Contact: Office: 306-655-LIVE (306-655-5483)
Toll Free: 1-877-LIVE-898 (1-877-548-3898)
Facsimile: 306-655-6758

Aim 4 Health

Who it is for:	Individuals and their families living with or at risk of developing diabetes; specific focus on working with First Nations, Métis and Immigrant peoples.
Goals:	<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>
Service:	Individual Education Group Education Diabetes Risk Assessment Group Exercise Programs Community Education
Additional:	Aim 4 Health Program is a community outreach diabetes program providing education about diabetes prevention and care. The interdisciplinary team includes a nurse clinician, registered dietitian, exercise therapist, health educator, social worker, outreach workers and manager. Family members are encouraged to attend appointments and programs. Health activities, risk assessment and educational events are offered in partnership with organizations and groups.
How to Register:	Physician, Healthcare Provider or Self referral.
Cost:	Free
Schedule:	<p>Individual Education at Diabetes Program, Aim 4 Health Office 2409 - 22nd Street West Other community locations</p> <p>Multidisciplinary Adult Clinic 2409 - 22nd Street West</p> <ul style="list-style-type: none">• By Physician referral• Seen by medical specialist, nurse and/or dietitian for optimal diabetes control

Fitness Food Fun at White Buffalo Youth Lodge

602 – 20th St.

Free supervised drop-in exercise program/health education/snacks. Free childcare during programming upon request. (306) 655-LIVE (5483)

Monday (Walking Program), Tuesday & Thursday 10 am – 11:30 am

Food Experience at Saskatoon Food Bank & Learning Centre

202 Avenue C South.

Meal preparation, skill development, health & diabetes education

Pre-register (306) 655-LIVE (5483)

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.

Partnerships:

Programs and events delivered in partnership with: CHEP Good Food Inc., Saskatoon Food Bank & Learning Centre, Westside Community Clinic, White Buffalo Youth Lodge, Community Peer Leader Program, Affinity Credit Union

Contact:

306-655-LIVE (5483) (phone) 306-655-0210 (fax)

Inflammatory Bowel Disease

* Inflammatory Bowel Disease (IBD)

Who is it for:	Patients of a Gastroenterologist(s) associated with the clinic who has been diagnosed with Crohn's Disease or Ulcerative Colitis.
Goals:	<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">1. In depth educational sessions about:<ul style="list-style-type: none">o Disease (cause and course)o Treatment options (side effects & administration)o IBD Wellness and primary prevention strategies2. Support for administration of medications (subcutaneous and intramuscular administration)3. Medical Liaison<ul style="list-style-type: none">o Facilitation of communication between the patient and members of the interdisciplinary health care team (test results, follow-up assessments)o Facilitation of rapid medical assessment for IBD patients experiencing a disease flareo Management of disease through use of investigations and medical therapies
Service:	Clients will work 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 in consultation with patient 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.
Cost:	Free
How to Register:	Clients must be referred by a Gastroenterologist affiliated with the Multidisciplinary IBD Clinic at the Royal University Hospital.
Schedule:	Clients will be followed through clinic appointments or by individual appointments depending on the needs of the individual patient.
Location:	 Royal University Hospital, 103 Hospital Drive, Saskatoon, SK
Contact:	Nurse Clinician, IBD

Neurological Musculoskeletal Programs

LiveWell Parkinson's Program

- 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 an exercise 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 306-655-4595 to register.
- Cost:** \$30.00/month for participant
- Schedule:**
- | |
|------------------------------------|
| Parkinson's |
| <i>Monday – Wednesday - Friday</i> |
| 2:00-3:15PM |
- Location:** 🏠 Saskatoon Field House 2020 College Drive, Saskatoon SK
- Contact:** Patti Fisher
306-655-4595 (phone)

LiveWell Rheumatology Program

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:	306-655-LIVE (5483) (phone) 306-655-6758 (fax)

Next Step Program

Who is it for?	Outpatient exercise opportunity for adults with neurological impairment.
Goals:	The program provides continuing physical activity, in the community, for individuals with limited physical abilities and/or for those who are primarily reliant on a wheelchair.
Service:	Includes stretching, Strengthening, Balance, Coordination, Postural and aerobic exercise
Additional:	Participants are encouraged to bring a support person as well as wheelchair, walker or cane if they use one.
How to Register:	Phone 306 655 4595
Cost:	The cost of the Next Step Program is \$30/month Support person - free If cost is a concern for you, please discuss this individually with a program staff member. You may be able to apply for funding to cover all or a portion of your fee.
Schedule:	The Next Step Program runs: 2 times per week - Tuesday & Thursday 12:45- 2:30 and 2:30-3:45 pm
Contact:	306 655 4595 (phone) 306 655 4596 (fax)

Nutrition Programs

* LiveWell Chronic Disease Management Individual Nutrition Counselling

Who is it for:	Adults age 18 and over.
Goals:	To provide nutrition education for prevention and management of chronic conditions.
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 within Saskatoon Health Region.
Cost:	Free
Schedule:	Monday-Friday 8:00-4:30.
Locations:	<ul style="list-style-type: none"> West Winds Primary Health Centre, Saskatoon SK Rural sites, phone central booking for sites and schedules
Contact:	<p>306-655-4260 (ph) 306-655-4893 (fax)</p> <p>Rural Central Booking: 1-855-250-7070 (phone) 306-682-4417 (fax)</p>

* LiveWell Heart Healthy Nutrition

Who is it for: Adults with high cholesterol, high blood pressure, heart disease or at high risk for heart disease.

Goals: To learn heart healthy eating habits

Service: A 90 minute session led by a registered dietitian where you will learn about:

- Eating for good heart health
- Reading food labels
- Portion sizes
- Tips to tasty heart healthy meals

How to Register: Physician, health care provider or self-referral

Cost: Free

Schedule: One session every month

Location: West Winds Primary Health Centre
Varsity Sobey's – 8th Street and Cumberland Avenue

Contact: 306-655-LIVE (306-655-5483) (phone)
306-655-6758 (FAX)

* LiveWell Pediatric Obesity

- Who is it for:** Any children/youth and parents/families who are interested in healthy lifestyles for healthy weights
- Goals:** To improve health and well being through education about healthy lifestyle choices for their family.
- The services provided are individualized to the family's needs to help them navigate the challenges and barriers of living a healthy life. This service is more appropriate for families with a child or youth with a body mass index (BMI) above the 90th percentile and/or who may also experience other high needs.
- Service:** The LiveWell Pediatric Obesity team includes an exercise therapist, registered dietitian, clinical health psychologist, nurse practitioner and pediatrician.
- Individual Counseling and Education available from each team member at various times.
 - Pediatric Health and Lifestyle Clinic - Monthly interdisciplinary clinic with the full team.
 - Exercise program for families
 - PAC (Parents as Agents of Change) Group Education for parents - Link to LiveWell PAC Brochure (pdf)
- How to Register:** Physician, Healthcare Provider or Self-Referral (Common Referral on LiveWell Chronic Disease Management Home Page www.saskatoonhealthregion.ca/LiveWell)
- Cost:** Free
- Schedule and Location:**
- Individual Counselling and Education at Aim 4 Health Office
 - 2409 - 22nd Street West
 - Tuesday afternoons – REMOVE
 - Referrals and linkages made to other CDM and health region programming
 - Sites may be provided in other settings as part of other services or programs where there are a higher number of higher risk clients or higher need clients.
- Contact:**
- 306-655-LIVE (655-5483) (phone)
 - 306-655-6758 (fax)

* LiveWell Adult Obesity – New Weight Ways

Who is it for: Any adults who are interested in healthy lifestyles for healthy weight. Clients who have been assessed at a stage 2 or 3 level using the Edmonton Obesity Staging Tool, will be prioritized.

Goals: The program provides a comprehensive set of modules, covering main key areas that influence weight management. Problem solving, action planning and group support are integrated into each modules promoting and modeling self-management skills. This program is set up so that providers can tailor the program to a variety of groups, setting and delivered by different team members.

Service: The LiveWell Obesity Modules are co-delivered with a core team of exercise therapist and registered dietitian, and may also include mental health, pharmacist and nurse practitioner.

Modules:

- Nutrition
- Exercise
- Goal Setting
- Stress
- Problem Solving
- Sleep
- Supplements
- Additional modules may be added depending on the need of the group.

How to Register: Physician, Healthcare Provider or Self-Referral

Cost: \$30 per person

Schedule and Location:

- Group Education and Support, various locations and times depending on the group needs and availability.
- Referrals and linkages made to other CDM and health region programming

Contact: 306-655-LIVE (306-655-5483) (phone)
306-655-6758 (fax)

Respiratory Programs

* LiveWell COPD Program

Who is it for:	People with COPD (chronic obstructive pulmonary disease) Patients should have a COPD diagnosis confirmed by spirometry.
Goals:	<p>The program works closely with the client and family physician:</p> <ul style="list-style-type: none">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:	<p>This program follows best evidence guidelines and includes education, exercise and self management support.</p> <p>Education topics include:</p> <ul style="list-style-type: none">AntibioticsSmoking CessationEnergy ConservationMedicationExerciseCopingTravel & RecreationPulmonary RehabilitationNutritionSexualityLiving wellBreathing TechniquesOxygen Therapy <p>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.</p> <p>Patients also receive:</p> <ul style="list-style-type: none">Handout on Healthy Eating for People with COPDBreath works Fact Sheets & Plans <p>Referrals to the Pulmonary Rehabilitation program are provided with the family physician's approval and patient consent.</p>

Additional: The LiveWell COPD program partners with the Lung Association and also works closely with the Pulmonary Rehabilitation Program. The interdisciplinary 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 306-655-LIVE (5483) for a referral form.

Cost: Free

Schedule: Appointment based

Location:

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

Contact: 306-655-LIVE (306-655-5483) (phone)
306-655-6758 (fax)

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

Saskatoon Field House	306-655 4595
Shaw Centre	306-655 4051

* LiveWell Pulmonary Rehabilitation Program

- 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** \$30/month – participant
 \$20/month – support

Schedule:

Saskatoon Field House

Monday / Wednesday / Friday	12:15 – 3:15PM
Monday / Wednesday	4:30 – 7:30PM
Tuesday / Thursday	5:00pm – 8:00PM

Shaw Center

Monday / Wednesday / Friday	06:30 – 11:30AM
	12:30 – 2:30PM
Tuesday/Thursday* seasonally	8:00 – 11AM

***Education Sessions are offered on a seasonal schedule.**

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

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

LiveWell Adult Cystic Fibrosis Clinic

Who it is for:	Adults (17 years +) living with cystic fibrosis.
Goals:	To optimize management and improve the quality of life for individuals living with Cystic Fibrosis.
Service:	Provide clinics where clients are supported by a multidisciplinary team consisting of a respirologist, physiotherapist, pharmacist, genetic counsellor, dietitian, social worker, and nurse coordinator Coordination of home IV Therapy as required Coordination of care for hospitalized clients
How to Register:	Contact the CF Nurse Coordinator or Call 306-655-LIVE (5483)
Cost:	Free
Schedule:	Appointment based
Location:	 Royal University Hospital, 103 Hospital Drive, Saskatoon SK
Contact:	306-655-LIVE (306-655-5483) (phone) or 306-655-6781 (phone) (CF Nurse Coordinator) 306-655-6758 (fax)

* LiveWell Asthma Education Program

Who it is for:	All adults residing within Saskatoon Health Region who are living with Asthma.
Goals:	<p>The Program works closely with the client and family physician or Respirologist to optimize management and improve the quality of life for asthma patients:</p> <p>To increase patient awareness of asthma triggers and how to avoid them.</p> <p>To assist patients in recognizing signs of worsening asthma and learning to take the appropriate action by using a personalized “Action Plan” (self-management).</p> <p>To review prescribed medications and teach clients how to use them.</p>
Service:	Clinic based care and individual sessions.
How to Register:	Physician referral or self referral using 306-655-LIVE (306-655-5483)
Cost:	Free
Schedule:	Appointment based
Location:	 Royal University Hospital, 103 Hospital Drive, Saskatoon SK Adults
Contact:	306-655-LIVE (306-655-5483) (phone) 306-655-6758 (fax)

* LiveWell Sleep Disorders Programs

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

Who it is for:	Adults from all areas of the province with a suspected sleep disorder.
Goals:	To provide diagnosis, treatment, and education in order for clients to self-manage their sleeping disorder.
Service:	<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">○ Sleep apnea and other sleeping disorders○ Risk factor modification○ PAP treatment and benefits
How to Register:	<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>
Cost:	<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>
Schedule:	<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 6:00pm.

Location: 🏠 Saskatoon City Hospital, 701 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

Who it is for:	Adults throughout the province with suspected Obstructive Sleep Apnea (OSA).
Goals:	To provide diagnosis, treatment, and education for clients to self-manage their OSA.
Service:	<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">What is OSA and how untreated OSA affects their healthOSA risk factor modificationOSA treatment <p>Prescribe treatment using a Continuous Positive Airway Pressure (CPAP) machine or provide recommendations to the referring physician.</p>
How to Register:	Referral from Family Physician to a Respirologist.
Cost:	<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>
Schedule:	<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, 701 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

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, suctions 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:

Medigas
#5 - 834 51st St. E.
242-3325

Provincial Sleep Group
#105 - 2100 8th Street East
(Preston and 8th)
651-0177

Prairie Oxygen
#3 - 816 1st Ave. N.
384-5255

SCS (Saskatoon CPAP Services)
#102 - 610 Queen Street
974-0030

Prairie First Aid
366D Broadway Street West
Yorkton SK
306-782-2600

Vital Aire
518B 48th St. E.
931-3334

Provincial Home Oxygen
#1 - 3122 Millar Avenue
651-0177

Contact: For more information (general public), please contact Saskatchewan Aids to Independent Living (SAIL), Respiratory Program at 306-787-7121 or 1-800-787-899

SAIL Respiratory Benefits Depot

306-655-6134, 306-655-6135 (phone)

Extension 1: to book a planned maintenance

Extension 2: for program policy, repairs and technical support

306-655-7591 (fax)