



Minister's Medal Honouring Excellence in Health Quality and Safety

Team-Based Initiative Caring for My COPD

Caring for My COPD is a 10-week, community-based program for people with Chronic Obstructive Pulmonary Disease (COPD) who have been recently hospitalized or are at risk of experiencing an acute exacerbation of their COPD and who are able and willing to travel to a community centre for a core program of exercise and education. Program elements include: education (smoking cessation, medications, and nutrition), exercise, assessments (i.e., spirometry, oximetry), mental health and wellness, peer support, and spiritual care. Participants receive monthly telephone calls for one year following the program. The program is located in Hamilton, Niagara Falls and Brantford.

This program aims to improve the patients' health care experience and management of their condition and reduce hospital admissions, readmissions and ER visits. It also integrates with other initiatives in Hamilton Niagara Haldimand Brant LHIN (i.e., Health Links, Quality-Based Procedures, CCAC Rapid Response Transition Team).

The Caring for My COPD program was developed in collaboration with patients, partners in care and key clinical and professional leaders from multiple sectors using an evidence-based approach. The program improves quality, patient safety, the patient experience, and health care utilization by providing care closer to home in a community setting.

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*The information provided above is taken directly from 2014 Minister's Medal applications –
Facts and information herein have not been checked for accuracy.*