

BRIGHT LIGHTS AWARD**2013**

**Advances in Health Promotion and Chronic Disease Management
Award Winner - Barrie and Community Family Health Team**

A Collaborative Lung-health Program in Primary Care



Helping patients help themselves to a better quality of life is the goal of the Barrie and Community Family Health Team's Lung Health Program. The program focuses on enhancing patients' ability to manage their disease and helping them improve their quality of life. It does that through a collaboration between patients and a unique range of the team's practitioners, including a respirologist, a family physician who specializes in respiratory medicine, certified respiratory educators, registered dieticians, nurse practitioners, pharmacists, and mental health workers.

Opened to patients with asthma and chronic obstructive pulmonary disease (COPD) in 2010, the Lung Health Program offers participants education on asthma and COPD, a pulmonary rehabilitation and exercise maintenance program and help to quit smoking. More recently patients with other lung diseases such as pulmonary fibrosis, tuberculosis and sarcoidosis have also been referred to the program and the Barrie team is now working with other community providers and organizations to set up referrals for residents who aren't rostered with the family health team.

Many of the people in the program have co-morbidities such as heart problems, osteoporosis and diabetes and most have struggled with addiction to tobacco. Demand for the program has been high: from January 2010 to March 31 2013 there were 2,800 patient visits, including 851 new visits to the Asthma Clinic, 769 follow-up visits. A further 689 new patients came to the COPD Clinic 487 returned for follow-up. There were 242 participants in pulmonary rehab from January 2012 to March 2013 and 367 people sought help to quit smoking. Patients are monitored for improvement; results so far show improvements in asthma control, COPD assessment scores, how far patients can walk in six minutes and in self-reported urgent care and emergency department visits.