

SAMPLE Setting Program Direction Template (STEP 2)



Identifying goals will help set program direction and the development of objectives should be logically linked to support the attainment of these goal(s). Identifying the target population and specifying the changes you expect helps to inform what types of programming you should potentially select to implement.

| Program Description & Goal Statement | Key Questions to Consider |
|--|---|
| <p>Goal:</p> <p>To provide diagnosis, support and education for patients with COPD to prevent hospitalizations and improve quality of life</p> <ol style="list-style-type: none"> 1. Improve patients' management of their COPD symptoms through group educational sessions based on the "Living Well with COPD" from McGill University and Ontario Lung Association resources. 2. Decrease ED visits and hospitalizations due to COPD exacerbations 3. Improved quality of life for COPD patients 4. The FHT has identified in its 20XX-20xX Strategic Plan the need to increase patient self-management with a focus on improved quality. <p>COPD program will provide patients with basic knowledge about COPD and symptoms and how to control their symptoms. Topics covered will include smoking cessation, proper prescription use, inhaler techniques, use of medication, benefits of exercise and early recognition and prompt treatment or exacerbations (flu/pneumonia vaccines, use Plan of Action.)</p> <p>Research has demonstrated that self-management interventions in patients with COPD are associated with improved health-related quality of life, a reduction in respiratory-related hospital admissions, and improvement in dyspnea¹.</p> <p>¹ Zwerink M, Brusse-Keizer M, van der Valk PDLPM, Zielhuis GA, Monninkhof EM, van der Palen J, Frith PA, Effing T. Self-management for patients with chronic obstructive pulmonary disease. <i>Cochrane Database of Systematic Reviews</i> 2014, Issue 3. Art. No.: CD002990. DOI: 10.1002/14651858.CD002990.pub3</p> <p>Furthermore there is evidence to suggest that poor inhalation techniques are associated with decreased medication delivery and poor disease control in chronic obstructive pulmonary disease²</p> <p>²Pothirat, Chaicharn et al. "Evaluating Inhaler Use Technique in COPD Patients." <i>International Journal of Chronic Obstructive Pulmonary Disease</i> 10 (2015): 1291–1298. PMC. Web. 15 Jan. 2016.</p> | <ol style="list-style-type: none"> 1. What is the goal of the program? What do you want to accomplish? 2. How do you plan to meet this goal? 3. How is the program expected to have a positive impact? 4. Does this align with the mission and strategic direction of the FHT/NPLC? |
| Target Population | Key Question to Consider |
| <p><i>Identify program admission criteria for target population.</i></p> | <ol style="list-style-type: none"> 1. Who will benefit from the program? 2. Whom are you hoping the program will change? |

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Patients recorded in FHT EMR with a COPD diagnosis confirmed by spirometry <1 year and recorded as either Stage 2, 3 or 4 according to Gold's COPD staging criteria.

FHT baseline #s of COPD patients = 800.

Anticipated program participants = 90 (15/session)

Focus will be initially on patients with a recent ED visit or hospitalization in previous 6 months who have an Action Plan in development or in place in the FHT's EMR. Referrals will be provided by physician/NP/RN for participation in the group session.

Should there be insufficient numbers from post ED/Hospitalization group for a session other COPD patients may be referred to the program.

3. How many program participants would you like to include?
4. How will you recruit and/or retain them into your program?
5. What are their health needs and how will the program address their needs?

SMART Objectives

Think "SMART" when writing your program objectives: Specific, Measurable, Achievable, Realistic, Time-limited.

1. Decrease inhaler technique errors in COPD patients to 0 by end of 6 week session.
2. Increase Pretest-posttest knowledge scores on COPD knowledge test scored by session attendees by 50% after 6 week COPD educational session.
3. Decrease in total of ED visits by all COPD patients who participate in sessions by x% as measured after one year of sessions. Baseline = x%
4. Increase in number of COPD patients referred to the FHT Smoking Cessation program by x % Dec 201X. Baseline = x%.
5. Increase in number of COPD smokers with a documented Quit Date by x% by Dec 201X. Baseline =x%.

Key Question to Consider

1. What are the expected outcomes?
 - **What Will Change** (e.g., knowledge, attitudes, skills, behaviours)?
 - **For Whom?**
 - **By How Much?**
 - **By When?**

BUILD A LOGIC MODEL

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| LOGIC MODEL | | | | | | | |
|---------------------|-------------------|------------------|--------------------|------------|---------|----------|----------------|
| Program Description | Target Population | SMART Objectives | Resources / Inputs | Activities | Outputs | Outcomes | Impact / Goals |