



## Special Interest Articles:

- Quarterly activity.
- Research & CME highlights.
- Coming Events – World COPD Day (November 17, 2004) and ARDS (March 13, 2005).

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## 2004 Advisory:

Cindy O'Hara - *Chair*  
Sheldon Spier - *Vice-Chair*  
Darrel Melvin - *Secretary*  
Jocelyne Lamoureux - *Treasurer*  
Dean Befus - *Research*  
Bob Cowie - *Adult Asthma*  
Margot Underwood - *Asthma*  
Tim Vander Leek - *Allergy*  
Donna Hogg - *Pediatrics*  
Gordon Ford - *COPD*  
Fred MacDonald - *COPD*  
Cinde Little - *COPD*  
Brian Rowe - *Emergency*  
Rob Hauptman - *Family Medicine*

## Collaborative Partners

A.S.T.H.M.A.  
AstraZeneca  
SMARTCARE

**Vision: To be a leader, creating an Alberta where the incidence of COPD and Asthma are minimized, and the health and quality of life for those affected is optimized.**

## Message From The Chair...

Under the leadership of Darrel Melvin, RRT, CAE, our Advisory members completed CANA's business planning in January. Developed through a few intense workshops, the strategy outlines our vision, mission, guiding principles, key success factors, governances and 2004 task forces. We gratefully acknowledge Darrel for his tremendous dedication and expertise.

In the Spring, we developed our branding and began welcoming new members. Branding development included logo creation, brochure printing and launch of our website @ [www.canahome.org](http://www.canahome.org). While still in development, the site features useful *COPD*, *asthma* and *tobacco reduction links* as well as *membership* and *coming events* information. As you navigate the site, send us your suggestions and items for inclusion via [membership@canahome.org](mailto:membership@canahome.org).

Now at over 88 members and representing 7 of Alberta's 9 health regions, the voice of CANA continues to expand. The 2004 Advisory welcomes you and recognizes the strength that results from our multidisciplinary focus.

Our task forces are actively engaged in preparations for World COPD Day, development of our COPD & asthma resource catalogue and establishment of a standardized process that improves patient flow within the respiratory health system. Should you wish to get involved, simply contact us at any time.

All members are now connected via our listserve. Please use this avenue to communicate as the need arises. Simply create an email using the address [cana-l@majordomo.ucalgary.ca](mailto:cana-l@majordomo.ucalgary.ca). Our part-time coordinator, Eileen Gresl, is available to serve you @ (780) 439-0079 or [egresl@shaw.ca](mailto:egresl@shaw.ca).

## Canadian Thoracic Society met with American College of Chest Physicians – June 2004

*Lake Louise* – Meeting for the 1<sup>st</sup> time in Canada, the ACCP joined the CTS to discuss details and implementation of the newest guidelines for both COPD and for lung cancer.

At-risk circumstances that warrant targeted lung function testing (spirometry): smokers or exsmokers 40 yrs or older, individuals with persistent cough and sputum production, individuals with frequent RTIs or individuals with progressive activity-related shortness of breath (Key Message #4).

Smoking cessation is the single, most effective intervention to reduce the risk of developing COPD and is the only intervention proven to slow its progression (Key Message #9).

Pulmonary rehabilitation should be integrated into the routine

management of COPD. A propensity of good research proves its effectiveness, owed to the reduction of peripheral muscle fatigue and atrophy. Comorbidity is *generally* not a contraindication to rehabilitation and can easily be addressed by program modification. Candidate selection should *not* be based on age or severity of airflow obstruction. Speakers suggested that maintenance of learned rehab behavior could be enhanced with regular communication between the COPD Educator and patients, especially around times of exacerbations. Recent investigation shows positive results with community rehab programs, which may be engaged where institutional resources are limited.

Citing LTOT trials, *consistent* (15-18 hrs/day) use of 55 mmHg Oxygen in hypoxemic cases can expand life expectancy by 5-8 yrs; *intermittent* Tx helps patients feel better but doesn't

extend life. Chronic hypoxemia can be misdiagnosed as Alzheimer's. Rollators can effectively reduce shortness of breath on exercise. Key Message #8 addresses treatment recommendations.

Since recovery from AECOPD can be tenuous and accounts for an estimated 35-45% of total COPD direct system costs, it is to be avoided. Vaccinations help prevent exacerbations of COPD (Key Message #11).

400 of 1,100 health professionals surveyed responded to CTS with suggestions about new guidelines' dissemination and implementation. Among other plans, development of a *public* slide kit is underway, which will highlight the message that COPD is preventable, is underdiagnosed and is amenable to therapy. To access guidelines: [www.lung.ca/cts/guidelines.cfm](http://www.lung.ca/cts/guidelines.cfm)



## Preparing for *World COPD Day*

Alberta – CANA’s Task Force 3 believes that a coordinated, multi-component educational effort will effectively help to address the growing burden of COPD on our respiratory services. This year’s ‘World COPD Day’ (November 17, 2004) presents an ideal opportunity to build on the messaging of others and to enhance the impact of our capacity-building.

Entitled **How Healthy Are Your Lungs?**, our provincial project aims to increase awareness of diagnosis, management and preventive strategies. Spirometry will be a core element, with demonstrations of appropriate technique and interpretation occurring throughout the day. Delivered simultaneously at 2 sites within *each* of our 9 Regional Health Authorities, the initiative will include:

- Breakfast education sessions for health professionals
- Interviews with Respiriologists on local radio stations
- Evening public forums
- News articles and PSA’s surrounding the day

Working with each region’s practitioners, 18 of Alberta’s Respiriologists will lead the public educational sessions, traveling from Calgary or Edmonton where necessary. Particularly for the health professionals’ breakfast sessions, regional telehealth services will be utilized to reach as many folks as possible. By working with and through local professionals, linkages and resource utilization will be enhanced. Tailoring the various components to site-specific needs will allow us to reach the differing populations in meaningful ways, without engaging further barriers and access issues.

*CANA gratefully acknowledges the support provided by Alberta Health and Wellness Surveillance Branch and welcomes imminent project partners. For further details, contact Eileen @ (780) 439-0079 or [egresl@shaw.ca](mailto:egresl@shaw.ca)*

*“Ultimately, it was the death of CBC broadcaster Peter Gzowski that convinced me to stop smoking...”*

Rene Bruemmer – Freelance Writer, January 22, 2003

## Other Events...

### **Bridging a Multispecialty Approach in Patient Management**

September 23, 25, 29, 30, 2004 in different locations  
Halifax, Québec, Winnipeg, Vancouver

See link for dates, cities and hotels

[www.lung.ca/cts/docs/Multi\\_Approach.pdf](http://www.lung.ca/cts/docs/Multi_Approach.pdf)

### **Integrated Chronic Disease Prevention: Getting it Together First National Conference**

November 6 - 8, 2004 - Ottawa, Ontario

[www.cdpac.ca](http://www.cdpac.ca)

### **Raising The Standard of Care in COPD: The 4th National Conference of the Canadian COPD Alliance**

November 26 - 28 2004 in Montréal, Québec

The deadline for submission of poster abstracts has been extended to Friday, September 10, 2004

[www.lung.ca/CCA/conference](http://www.lung.ca/CCA/conference)

### **ARDS** – The next Alberta Respiratory Disease

Symposium (ARDS) will be held Sunday, March 13, 2005 at the Capri Centre in Red Deer. The modified 1-day format is temporary but will allow us to link with David Thompson Health Region’s 5<sup>th</sup> Annual CardioPulmonary Symposium on Saturday, March 12<sup>th</sup> (also held at the Capri). Program details will be available in September and may be accessed by calling CANA or visiting the ‘Coming Events’ section of our website @ [www.canahome.org](http://www.canahome.org).

**ASED 7** – Canada’s 7<sup>th</sup> National conference on Asthma education will be held for it’s first time in the West. Scheduled for November 17 – 19, 2005 at the Hyatt Regency Hotel in Calgary, program details will develop in the Fall and will then be available on the Canadian Network for Asthma Care’s website @ [www.cnac.net](http://www.cnac.net).

View other coming events at [www.lung.ca/cts](http://www.lung.ca/cts).



## CANA’s Supporters

CANA is an unregistered not-for-profit entity with no ongoing source of funding. It is with the unrestricted, generous support of the following agencies that our 2004 YTD activities have been made possible:

- Alberta Strategy to Help Manage Asthma (A.S.T.H.M.A.)
- Alberta Health and Wellness Surveillance Branch
- AstraZeneca
- Pfizer

*Thank You!*