

What is the COPD Outreach Program?

The COPD Outreach Program is a clinical service at Central Health created for the benefit of *eligible** clients and families living with advanced COPD. The COPD Outreach Program brings together a team of health professionals to visit clients during a hospital admission or ER visit and afterward in their home to provide:

- self-management skills, education, goal development and support
- help navigating the local healthcare system and gaining access to services that can support them at home
- better communication between all healthcare professionals who are assisting in their care
- COPD Action Plans
- access to phone support that should improve the early care of a COPD flare up
- clinical social work support
- an opportunity to consider advanced care planning

What happens during the program?

- **Visit 1** – COPD Outreach Team members see clients before they are discharged from hospital to provide information about the program and complete a COPD Action Plan, if possible. If clients are not inpatients, this visit will be done at home.
- **Visits 2 through 4** – Members of the COPD Outreach team will visit every 4 weeks to provide assessments, education and support according to the needs identified.
- **Calls** – Follow-up calls occur throughout the program

Eligibility

- confirmed COPD by spirometry
- moderate COPD - MRC 3-5 (see below)
- Admission to hospital or frequent use of emergency department services for COPD
- community dwelling
- live in catchment area
- consent to program

MRC Dyspnea Scale	
1	Breathless only with strenuous exercise
2	Short of breath when hurrying on a level or up a short hill
3	Slower than most people of the same age on a level surface or have to stop when walking at my own pace on the level
4	Stop for breath walking 100 meters or after a few minutes at my own pace on the level
5	Too breathless to leave the house

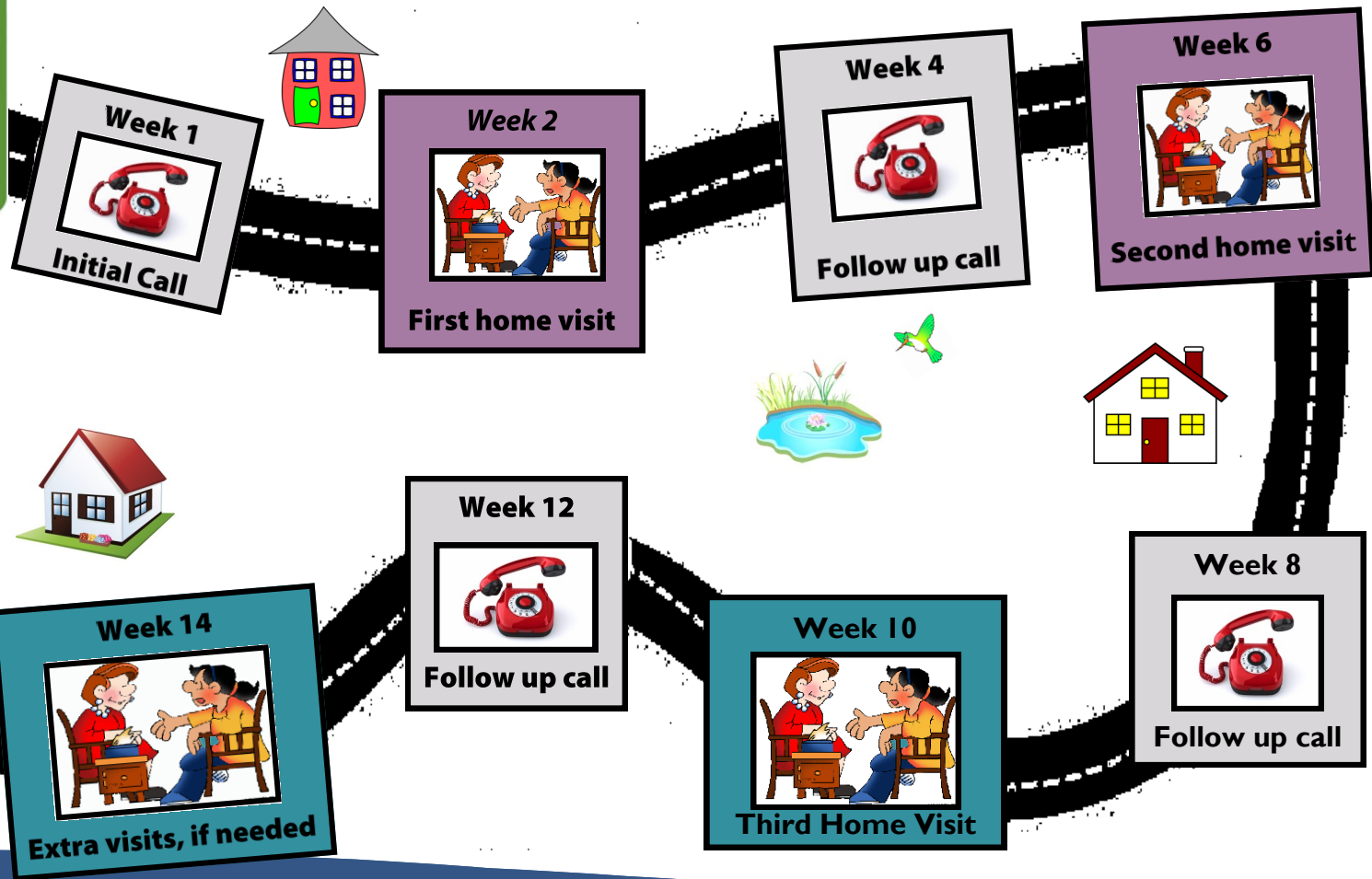


COPD OUTREACH PROGRAM

Our journey together

Referred by:

- Hospital Admission
- Emergency Room Visit
- Other Healthcare Providers



1 month
2 months
3 months