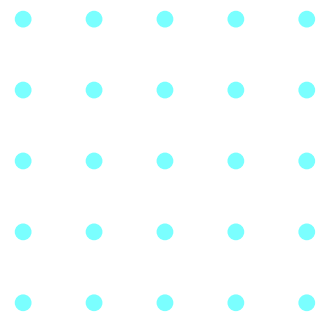




# WELCOME TO MY LUNG HEALTH COACH

An evidence-based, person-centred self-management and education service for people living with COPD.





## WHAT IS MY LUNG HEALTH COACH?

My Lung Health Coach links community members living with COPD to expert Certified Respiratory Educators (CREs) at the Lung Health Foundation. It will focus on education and self-management.

### OUR APPROACH

Using motivational interviewing, brief action planning, and elements of behaviour change theory, our CREs will guide patients through important self-management topics across multiple one-on-one sessions.

Upon completion of the program, our CREs will develop a summary for each patient. They will be encouraged to use it as a resource to inform their next appointment with their primary care provider.

# HOW IS THE PROGRAM DELIVERED?

There are two streams of My Lung Health Coach programming that patients can choose to participate in:

## THE FULL PROGRAM

- Frequency and Duration: Approximately 6 sessions across 12 weeks
- Session Overview: One of the Lung Health Foundation's CREs will guide patients through important educational topics to help them manage their COPD
- Candidates: This stream of programming may be better suited for individuals who are newly diagnosed with COPD, or individuals who are interested in a structured approach to self-management

## THE REFRESHER PROGRAM

- Frequency and Duration: The frequency and duration of this program is determined by the patient
- Session overview: The patient will indicate topics of interest and a CRE will build an education and self-management support plan around their specific needs.
- Candidates: This stream of programming may be better suited for individuals who have lived with COPD, or have specific self-management areas they would like to learn more about

Sessions will be offered over the phone or via Zoom for Healthcare to ensure confidentiality and enable our CREs to reach individuals from communities that may have difficulty accessing resources or care.



## WHAT MAKES SOMEONE ELIGIBLE FOR THE PROGRAM?

To be eligible for the program, individuals must:

- Speak English
- Be diagnosed with COPD
- Live in Ontario

People with significant co-morbidities that can impact program participation are ineligible. For example, pregnant individuals or people with palliative COPD have greater specialized care needs beyond the scope of the program offerings.

# WHY SHOULD I RECOMMEND MY LUNG HEALTH COACH TO MY PATIENTS?



## QUALITY SERVICES AT ZERO COST

My Lung Health Coach is a free service that your patients can access to learn more about their COPD and grow their confidence in disease self-management.



## ACCESSIBILITY

My Lung Health Coach is offered virtually or through the phone, and access to a CRE is instant. We can provide support and education to COPD patients at the pace and depth that works best for them.



## INDIVIDUALIZED SUPPORT

Our program meets patients where they are at. In both the full and refresher programs, the CREs will assess a patient's COPD-related needs and risks and design a personalized education program for them.



## SERVICE NAVIGATION

Not only are the CREs well versed when it comes to LHF programs and services, but they can also provide service navigation and referrals to local or community resources for patients, including peer support groups, exercise groups, and more.

# HOW DOES MY PATIENT GET ACCESS TO MY LUNG HEALTH COACH?

My Lung Health Coach does not involve a formal referral process. Instead, we encourage you to speak to your patients about our program and direct them to our website to sign up.

## NEXT STEPS

Scan to visit our website.

To learn more about this program, please contact us or visit our website:

- 📞 437-216-5710
- ✉️ [patientsupport@lunghealth.ca](mailto:patientsupport@lunghealth.ca)
- 🌐 [www.lunghealth.ca/my-lung-health-coach](http://www.lunghealth.ca/my-lung-health-coach)

