



Special Interest Articles:

- Quarterly activity.
- Research & CME highlights.
- Coming Events– ARDS (March 13, 2005) & World Asthma Day (May 3, 2005).

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2004 Advisory:

Cindy O'Hara - *Chair*
Sheldon Spier – *Vice-Chair*
Darrel Melvin – *Secretary/Rural*
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 Medicine*
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...

As we near the close of our first 'action' year, CANA has made significant progress towards achievement of its mission.

Now at over 100 members, CANA invites you to help drive its activity. We are seeking several new Advisory members for a 2-yr term to begin Apr.1. Also, there are constant opportunities for Task Force involvement.

Our 1st quarter is focused on preparation for World Asthma 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.

We remind you that all members are connected via our listserv. Please use this avenue to communicate with other Alberta professionals as the need arises. Simply create an email using the address canal@major-domo.ucalgary.ca. A special thank you to Eileen for her commitment to CANA.
Cindy O'Hara

Canadian COPD Alliance Conference - November 2004

Montreal – With record attendance, the 4th National CCA Conference sold out. Delegates attended 8 keynote and 4 concurrent sessions over 2 days. Exciting news: the next conference will be hosted in Calgary, Nov.2006.
Highlights:

1. Pulmonary Rehabilitation (PR) – Supported by CTS Guidelines and strong research, PR is effective and has evolved over the last 20 years from an art (perceived as alternative medicine) to an evidence-based practice. As interpreted by an American speaker, Canada is home to 5 of the 9 researchers with pivotal results regarding PR effectiveness. Most recently, Dr. Jean Bourbeau showed that PR self-management training works. Despite evidence, only about 1% of Canadians with COPD currently have access to PR and practitioners also fail to tap available resource. A team of 10 Canadian researchers is currently evaluating the effectiveness of home-based rehab as an alternative to directly supervised rehab.
2. COPD Awareness – 2 public opinion polls in the UK suggest low recognition of the term 'COPD' arises from the fact that practitioners fail to use the word on Dx and communications with patients. Canada and UK found to be worst in using the word; USA best. Whether motivated by efforts to soften the news or other reasons, it does a disservice to the cause. Though it will naturally take several years, more consistent use of the word 'COPD' will gain the attention it needs – akin to the mobilization that use of the word 'cancer' evokes.
3. Web-Enabled Interventions – Some trials indicate media moves people to change more than a 10 min. intervention does. Condition-specific, up-to-date, everyday applicable web-based tools can lower patient anxiety, increase satisfaction and lower passivity or ambivalence. Considering many are only seeking information or knowledge of available services, and that 12% don't show for clinic appointments, web and phone-based interventions are valuable – web-based can be more cost-effective than phone-based. Based in USA, www.lifemasters.com is one of the few currently available, offering behavior change modules with direct Internet feedback for COPD and other chronic diseases. CLA's BreathWorks program combines web and phone components @ www.lung.ca/breathworks or 1-866-717-COPD (2673).
4. Confronting COPD – Patients routinely underestimate their symptom severity and overestimate their degree of disease control, so better to question or prompt them. Try talking about patient's smoking only after spirometry is interpreted, to better deal with a 'normal' result.



Snapshot: *World COPD Day 2004*

Alberta, November 17'04 – CANA's **How HEALTHY Are Your LUNGS?** campaign was deemed successful by participants. Despite some obstacles, much insight was gained about barriers across the province and evaluation ratings were significantly good.

- 32 participating telehealth sites, with 198 attending health professionals
- 15 public forums, with 352 participants
- Largest attendance was 33 at Medicine Hat telehealth and 80 at Edmonton South's public forum
- 85% of respondents claimed they were likely/very likely to ask their health professional about COPD following the public forum, while 14% claimed they were likely/very likely to quit smoking in the next 6 mos.
- 15 Respiriologists fanned out across the province for the simultaneous public events. These specialists from Calgary, Edmonton, Wetaskiwin and Lethbridge were joined by 15 local RRTs to team up on demonstration of spirometry and embracing audience questions.
- Many centers enjoyed significant media coverage, mostly newspaper and TV. Our stories were augmented by pick-up of national coverage (eg. CLA) as well. Whether instigated by CANA, CLA or RHAs, this component of the campaign is sure to inspire increase of COPD awareness across Alberta.
- Including unexpected in-kind support, the campaign cost \$17,000; remaining funds are committed for post-campaign relevant capacity-building (for all RHAs) and future World COPD/Asthma Day campaigns.
- For more details, or copies of Dr. Cowie's or Dr. MacDonald's telehealth presentations on video, contact Eileen at (780) 439-0079 or egresl@shaw.ca.

A special note of gratitude to our RHA Champions, Presenting Teams and Sponsors!

"I learned more than I ever knew..."
Camrose, COPD Day attendee

"I'm glad I came out to hear this..."
Edmonton, COPD Day attendee

"Ground-breaking news..."
Vermilion, COPD Day attendee



Other Events...

ARDS 2005 – The 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 5th Annual CardioPulmonary Symposium on Saturday, March 12th (also held at the Capri). Program details are available now thru CANA (780) 439-0079 or via the 'Coming Events' section of our website @ www.canahome.org.

World ASTHMA Day – Tuesday, May 3, 2005. CANA's provincial campaign will soon be determined. Contact us with suggestions or to indicate your interest in joining the development Task Force. Time and work investment is as you wish; our Part-time Coordinator does much of the work. Global website: www.qinasthma.com.

CSRT National Education Forum – June 3-5, 2005 in Edmonton at the Telus Convention Centre and Thornton Court Hotel. Presenting the 2nd Nelson Kennedy lecture is Dr. Stephen Lewis, former Canadian Ambassador to the UN. Details: www.carta.ca

ASED 7 – Canada's 7th 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 soon be available on the Canadian Network for Asthma Care's website @ www.cnac.net.

World COPD Day – November 16, 2005. Global website: www.goldcopd.com.

5th National CCA Conference – November 2006 in Calgary.

CANA's Supporters

CANA is an unregistered not-for-profit entity with no ongoing source of funding. It is with the supportive grants from the following agencies that our 2004 activities were possible:

Alberta Strategy to Help Manage Asthma (A.S.T.H.M.A.), Alberta Health and Wellness Surveillance Branch, AstraZeneca, Altana, SmartCare, Pfizer, Boehringer-Ingelheim, Caritas Hospitals Foundation, Caritas Health Group, GlaxoSmithKline, Medigas, VitalAire.