



COPD Activation

What is COPD Activation?

- A brief community-based COPD self-management program that includes:
 - 2 one hour classroom sessions to review COPD pathophysiology, medications, how to avoid lung attacks, smoking cessation (if appropriate) healthy lifestyles, relaxation and breathing techniques, energy conservation, Action Plans
 - 5 exercise sessions
 - Development of an ongoing exercise program to continue exercise (home plan or community resources)

Who can refer participants to Activation?

- Respiriologists
- Family Physicians
- Urgent Care Clinics
- Community nurse practitioners
- Hospitalists
- St. Mary's Emergency Department (automatic referral if into ER with COPD exacerbation)

What does the program agenda look like?

Day 1: Pre-assessment at St. Mary's hospital (Airway Clinic) including a pre and post bronchodilator spirometry (if no spirometry or PFT done in the last year), 6 minute walk test, a health questionnaire, and a personal history review

Days 2 & 3: Classroom session followed by introduction to exercise. This takes place at the St. Mary's Cardiac Rehabilitation Centre in Waterloo (50 Bathurst Dr.)

Days 4-6: Exercise sessions, again at Waterloo site. On the last day participants meet with a coordinator to review the exercise plan the participant has developed, and review their personal Action Plan, which must be taken to their physician for completion.

Follow-Up:

- At the end of the program a progress letter will be sent to the participant's family physician and respirologist (if applicable).
- 6 weeks following the completion of the Activation program participants will return to St. Mary's Hospital for a repeat 6 Minute Walk Test and a review of their exercise progress.
- At 6 & 12 months post program, participants will be contacted by phone to review their exercise progress
- The Activation team will make referrals to appropriate resources if needs are identified, or recommend to the participant's physician that a referral be made if required. (may include referral to Freeport Pulmonary Rehabilitation program, Respirologist, Social Work...)