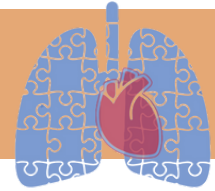


What To Expect...



Team Care Centre Best Lung Health Program

As you begin your care with the Best Care Lung Health Program, an important first step is to ask yourself the following questions:

- What is my goal for treatment?
- What changes am I willing to make in my daily routine?

Then consider the following:

- Prioritize the symptoms areas of improvement you wish to target, so the Respiratory Therapist can develop a program that best suits your needs and goals.
- Be prepared to take a breathing or spirometry test.
- Be prepared to answer questions about your past medical history.
- Be open to receive health education including puffer technique, breathing techniques, trigger avoidance, symptom management and disease education.

If applicable, be open to participating in the

- Smoking Cessation STOP Program with Nicotine Replacement Therapy (NRT) services:
 - First, you will meet with a Nurse Practitioner (NP).
 - Second, gaining your consent to enroll in the STOP Program followed by a brief survey to better understand your smoking history and related behaviors.
 - Third, discuss the Nicotine Replacement products and decide what is best for you!

At the end of your appointment we will provide a Best Care Report with a "Plan of Care" to your Primary Care Provider with recommendations, suggestions, and additional services to help you better achieve your health goals.

Team Care Centre Best Care Lung Health Program

... will be delivered by a Registered Respiratory Therapist/Registered Respiratory Educator using best practice therapies and tools proven to achieve results when applied to your individual and specific needs.

...care is on-going. Intervals between appointments depends on severity and appointments can vary between every 3, 6, or 12 months. The frequency of appointments will be determined after your initial appointment with the Respiratory Therapist based on their clinical judgement. Referrals for the STOP Program allow for 1 year of consent and 26 weeks of NRT products.

...is voluntary and you may end services at any time.

...requires that you call at least **24 hours in advance** to cancel or reschedule an appointment. If you miss an appointment you will be contacted by phone to confirm your interest in continuing with your program. If we do not hear from you for a period of two weeks, your file will be closed and a new referral will need to be made by your Primary Care Provider to begin services again.

... requires regularly scheduled sessions to be effective in addressing your wellness. If you do not show up for your appointments it impacts your treatment and other who would have benefited from that time. **Two (2) consecutive no show** appointments will result in your file being closed and a new referral will need to be made by your Primary Care Provider to begin services again.

Principles of Lung Health:

Education: Throughout your sessions the Respiratory Therapist will teach you about disease progression and management, puffer techniques, actions plans (understand what to do if/when your symptoms become worse, recognizing/avoiding triggers, symptom management support from an RRT/CRE) and tricks and tips to help reduce or quit smoking.

Treatment Plans: An in-depth assessment will be completed to create a plan of care that is unique to you. Sessions are approximately 90 minutes for initial Lung Health appointments or 60 minutes for follow-ups. For Smoking Cessation; the initial appointment is 60 minutes and about 15 minutes for the follow-ups. You and your Respiratory Therapist are part of a team and you will work together to create practical goals, homework assignments and lifestyle changes to empower you.

The Importance of Accountability: This means consistently practicing the new skills you are learning between sessions, so that they can be implemented into your everyday life. This may include; breathing techniques, medication adherence, exercise, smoking cessation and trigger avoidance.

Goal-oriented: Your program emphasizes the importance of setting and working on specific goals using the SMART (specific, measurable, attainable, realistic, and time-oriented) method.

Maintain Progress and Create Healthy Habits: Frequent follow-up visits will enable you to develop health habits, and encourage you to maintain them. In these visits, your Respiratory Therapist will check in with you to ensure your program is in line with your goals and can adjust as necessary to be the best fit for you.

Your Primary Care Provider will Always be Updated: The Respiratory Therapist will send regular updates on your care to the Primary Care Provider that referred you to this program so they are always aware of your progress.

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A program of the Windsor Family Health Team