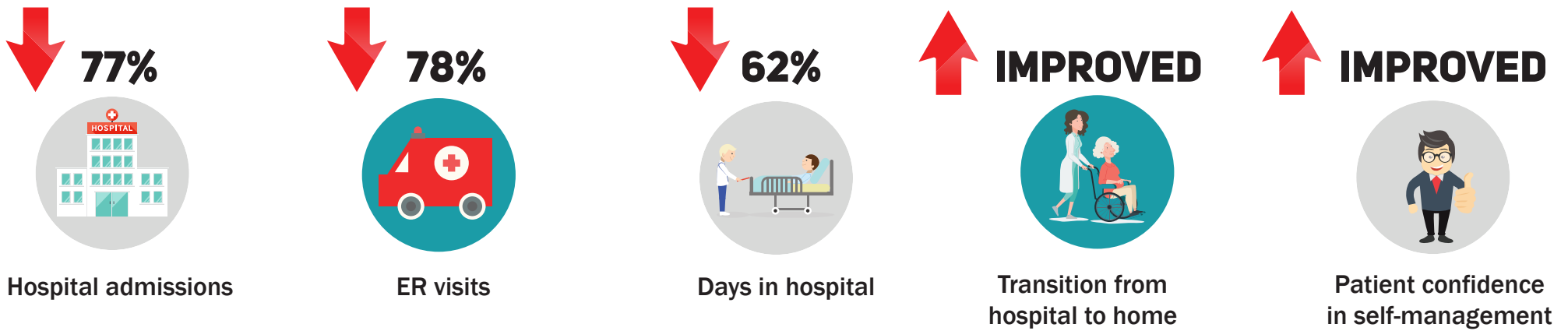


INSPIRED COPD OUTREACH PROGRAM

For moderate to severe
COPD

PROVEN OUTCOMES



PATIENT & FAMILY-CENTRED CARE

“INSPIRED has taught me how to live comfortably with my COPD.”

- Maggie J



“The INSPIRED COPD Outreach Program is a holistic, evidence and community-based clinical innovation that provides patients with advanced COPD with new knowledge and confidence to manage their illness at home. By reducing hospital admissions and emergency room visits while improving the quality of care, 'INSPIRED' provides benefits both for those living with advanced COPD and for the healthcare system as a whole.”

- Dr. Graeme Rocker

TEAM MEMBERS



Respiratory Therapist



Advance Care Planning Facilitator



Family/ Primary Care Giver



Medical Director

PROGRAM COMPONENTS



At home self-management education



Creation of a patient action plan



Access to helpline



Psychosocial support



Advance care planning

PROGRAM ELIGIBILITY

- A confirmed diagnosis of moderate to severe COPD
- At least one admission to the hospital, or at least two Emergency Department visits for an exacerbation of COPD in the last year
- Not in a long-term care or residential facility
- Lives in Central Zone (Halifax, Bedford, Dartmouth, Eastern Shore & West Hants)
- Is willing to be referred

CONTACT INFORMATION

Messages are retrieved Monday - Friday between the hours of 8am - 4pm

HRM, Eastern Shore & West Hants
902-719-6194
inspired@cdha.nshealth.ca

For more information, visit: <https://cimonline.ca/index.php/cim/article/view/22011>

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