The INSPIRED COPD Outreach Program™

Cape Breton Regional Municipality (CBRM) and Richmond County to St. Peter's

The INSPIRED COPD Outreach Program™

Implementing a Novel and Supportive Outreach Program of Individualized Care for Patients and Families Living with REspiratory Disease

If you have Chronic Obstructive Pulmonary Disease (COPD), the INSPIRED program can help:

› Provide COPD information and support

› Help you create a "COPD Action Plan" to manage flare-ups

› Suggest programs and services that may help

› Help you consider your goals of care and complete a Personal Directive document

The program includes:

• 1 to 4 visits in your home or at a nearby health care facility, whichever is easier for you

• Follow-up phone calls and visits, as needed

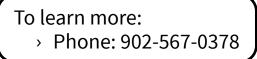• A phone number for you to call with questions and concerns

Possible benefits

• More confidence in managing your symptoms

• Less anxiety and stress

• Fewer Emergency Department visits and hospital admissions

You can become part of INSPIRED if all of the following apply:

☐ You have moderate to severe COPD.

☐ You have been admitted to the hospital because of your COPD at least 1 time in the past year.

☐ You do not live in long-term care.

☐ You live in the service area.

To learn more:
› Phone: 902-567-0378

"I used to feel so alone with my illness; now people check on me and I know there's someone I can call if I'm having a problem. I would feel so much more isolated, frustrated, and apprehensive without this support."

- INSPIRED patient

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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