2025

The INSPIRED COPD Outreach Program™

Pictou County

nova scotia health

www.nshealth.ca

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 the INSPIRED program if all of the following apply:

- ☐ You have moderate to severe COPD
- ☐ Because of your COPD, in the past year:
  - › You were admitted to the hospital at least 1 time

  or
  - › You visited an Emergency Department at least 2 times
- ☐ You do not live in long-term care
- ☐ You live in the service area

To learn more:
› Phone: 902-759-3861

If you are not eligible for the INSPIRED program:

- You may wish to take part in COPD Care and Education NS
  - › This program is for people with mild to moderate COPD
- To sign up for a virtual (online) "COPD and You" class:
  - › Visit: www.healthyns.ca

  or
  - › Scan the QR code below, then scroll down to "COPD and You", and click on "Register Online"

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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