



INSPIRED COPD Outreach Program™ REFERRAL FORM

Implementing a Novel and Supportive outreach Program of Individualized care for patients and families living with REspiratory Disease

<input type="checkbox"/> Amherst	Ph: 902-667-5400 Ext. 6110	Fax: 902-667-1882
<input type="checkbox"/> Bridgewater	Ph: 902-523-3880	Fax: 902-527-5099
<input type="checkbox"/> Sydney	Ph: 902-567-0378	Fax: 902-563-7920
<input type="checkbox"/> Truro	Ph: 902-324-2694	Fax: 902-893-8321

A patient is eligible for INSPIRED if ALL of the following criteria have been met:

- | |
|---|
| <ul style="list-style-type: none"> • A confirmed, pending or suspected diagnosis of moderate to severe COPD (<i>see reverse for details</i>) |
| <ul style="list-style-type: none"> • Greater than or equal to one (1) admission to hospital for AECOPD in the past year |
| <ul style="list-style-type: none"> • Not in long-term care or a residential care facility |
| <ul style="list-style-type: none"> • Lives in catchment area (see reverse) |
| <ul style="list-style-type: none"> • Is willing to be referred |

Patient name: _____ Address: _____

Contact number: _____ DOB: _____ HCN: _____
(YYYY/MON/DD)

Referral date (YYYY/MON/DD): _____

Referral source (please print): _____ Contact number: _____

Please CC correspondence to referring clinician. Fax: _____

Notes: _____





INSPIRED COPD Outreach Program™ REFERRAL FORM

INSPIRED Program Information

The INSPIRED program spans approximately six (6) months and is arranged as follows:

- 1–4 Visits: Members of the team visit patients / families in their homes or a healthcare facility (when appropriate) to conduct assessments, provide and explain the COPD Action Plan, carry out self–management education, assess coping, provide / arrange for supports according to identified needs, offer an opportunity to talk about advance care planning and complete a personal directive if desired.
- Phone follow–up: A member of the team calls the patient / family periodically for the first year following the program visits to monitor coping, self–management, and the need for additional follow–up, which may result in another home visit or a renewed Action Plan if needed.
- After that, INSPIRED provides additional follow up if requested by the patient or their health care team.

Indicators of Moderate and Severe COPD:

- Moderate:
 - Stops for breath after walking 100 meters
 - Walks slower than contemporaries or has to stop for breath when walking at own pace
 - FEV₁ 50–80%, FEV₁/FVC less than 70%
- Severe:
 - SOB resulting in being too breathless to leave the house
 - Breathlessness after dressing / undressing
 - Chronic respiratory failure (PaCO₂ greater than 45)
 - Clinical signs of right heart failure
 - FEV₁ less than 50%, FEV₁/FVC less than 70%

Catchment

- Call if unsure a patient is eligible or lives within catchment.

INSPIRED Office	Catchment Area
Amherst 902–667–5400 Ext. 6110	Cumberland County
Bridgewater 902–523–3880	Lunenburg and Queens Counties
Sydney 902–567–0378	Cape Breton Regional Municipality including Membertou and Eskasoni
Truro 902–324–2694	Colchester County and East Hants Municipality

Current and Previous Patient Readmission or ED Visits:

- Patients who have completed their visits and scheduled calls are still eligible for additional follow–up.
- It is not necessary to fill out a new referral form. You can just call and leave a voicemail with information about the readmission (e.g. patient’s name, location, nature of concern and follow–up requested, your contact number) and INSPIRED will follow up with the patient upon discharge.
- Many INSPIRED patients have Advance Care Planning discussions with family and friends and complete a Personal Directive. If an INSPIRED patient is admitted to your service, please check on the electronic medical record to see if the patient has completed a Personal Directive.

