

2018

The INSPIRED COPD Outreach Program™



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



INSPIRED helps people with Chronic Obstructive Pulmonary Disease (COPD) by providing:

- ✓ COPD information and support
- ✓ A “COPD Action Plan” to help manage COPD flare-ups
- ✓ Suggestions, programs and services that might be helpful
- ✓ A chance to consider your goals of care and complete a Personal Directive document

The Program includes:

- 1-4 visits in your home or at a nearby health care facility, whichever is easier for you
- Telephone follow up and further visits, as needed
- A phone number for you to call with questions and concerns

Potential benefits

- More confidence in managing symptoms
- Less anxiety/stress
- Fewer Emergency Department visits and hospital admissions



Eligibility

You can become part of INSPIRED if you:

- have moderate to severe Chronic Obstructive Pulmonary Disease (COPD);
- have been admitted to hospital once or visited the ED more than once in the past year because of your COPD;
- do not live in long term care;
- and live in Nova Scotia Health Authority’s Central Zone (Halifax, Eastern Shore and West Hants).

“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





Interested in becoming part of INSPIRED?

To learn more, call 902-719-6194

Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free,
and scent-free environment.*

Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

www.nshealth.ca

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Designed by: NSHA Library Services

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WF85-1823 Created January 2018

The information in this pamphlet is to be updated every 3 years or as needed.