

## Welcome

**For further information, contact:**  
Cheryl Connors, Executive Director  
Canadian Network for Asthma Care  
16851 Mount Wolfe Road  
Caledon, ON  
L7E 3P6  
Phone 905 880-1092  
Fax 905 880-9733  
<http://www.cnac.net>

**Welcome to the first edition of The Educator Online. We will send this e-bulletin out from time to time, when we have news we would like to share with CAEs & CREs.**

## CAE & CRE Online Exam Registration

# Now Available!

We are excited to announce that our exam online registration system is now operational. If you or your colleagues would like to register for the CAE, CRE or COPD-only exam (for current CAEs), you may now do so directly at <http://www.cnac.net>.

## MERCK FROSST

### Merck Frosst Canada Generous Donation of Spirometers to CAEs and CREs

The Canadian Network for Asthma Care has been given a generous donation of spirometers by Merck Frosst Canada. We are pleased to be able to pass along these incredible resources to you! Merck was very keen that these spirometers would be able to be used by Certified Asthma and Respiratory Educators.

We are fortunate to have received 30 spirometer kits. Each kit includes:

- 1 EasyOne Spirometer
- 1 - 3 L calibration syringe
- 1 power cord
- 1 HP ink jet printer
- 1 box of mouthpieces
- Nose clips

The EasyOne Spirometer with USB Cradle includes a Hewlett Packard Colour Printer and allows stand-alone use of the EasyOne Spirometer with A4 Spirometry Reports printed directly to the Hewlett Packard Printer via the USB Cradle without having to utilize or interface with a computer. This version is well suited to applications where the user must go to the patient i.e. Hospital Wards, Emergency Departments, Pulmonary Rehabilitation Units, Community Health Centres, Field Testing and Sports Medicine where you have multiple users and simplicity is the key.

We have had significant discussion on how best to fairly distribute these valuable tools to our CAEs and CREs (estimated value to be \$3000 each). We would like to invite you to let us know how you could use one of the spirometers in your asthma or respiratory education program. Please send us a note (no more than one page), telling us a bit about yourself, your program and:

- How you plan to use the spirometer in your program (the more innovative the better!). Examples include, but are not limited to, clinical use, research, or teaching
- How you will pay for the ongoing costs associated with purchasing mouthpieces/nose clips
- Your experience/training in using spirometry
- Your plan for ensuring the spirometry results are appropriately interpreted and that quality assurance measures will be in place.

You are welcome to send your letter as an individual, or as a group of colleagues. However, all applicants must be either Certified Asthma Educators or Certified Respiratory Educators. Also, because of the significant size of the package, you will be required to pay a fee of \$250 to cover the cost of shipping & insurance.

As mentioned, we have **30 kits to distribute**, so please, if you are interested, and are able to actively use a spirometer in your program, send us a letter. **Please submit your request to us by no later than October 31, 2008.**

We are very fortunate to have received this significant gift from Merck Frosst Canada. We would like to distribute the spirometers to our CAEs and CREs that are most able to put them to use within their practice.

Good luck!

## Remember to Use CTS COPD Action Plan

By Paul Hernandez, MDCM, FRCPC  
Chair, CTS COPD Guidelines  
Dissemination and Implementation Committee

The prevention and management of exacerbations and new algorithms to ensure patients are receiving optimal therapy appropriate to their disease severity are two of the most significant areas addressed by the recently released "2008 Update: Canadian Thoracic Society recommendations for management of chronic obstructive pulmonary disease- Highlights for Primary Care".

To help communicate this key information to patients and caregivers, the Canadian Thoracic Society COPD Guidelines Dissemination and Implementation Committee has developed a number of effective strategies and tools, including: continuing medical education programs for health care professionals; point-of-care physicians' aids; and self-management tools that empower patients to better self-manage their disease.

Interactive, accredited continued medical education (CME) activities (both face-to-face and on-line course format) are being developed by a group of specialists, family physicians and other respiratory health professionals from across the country. The CTS CME program design allows an event facilitator to select content from a large array of slides based upon the specific needs of a given group. Three case studies, formulated to facilitate maximum interactivity, are designed to provide opportunities for practical application of the updated data.

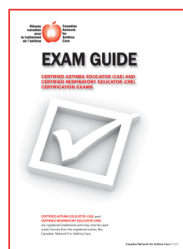
To improve patients' ability to recognize and react appropriately to an exacerbation, CTS looked at a number of innovative chronic disease self-management strategies. The Cochrane review has reported that the use of Action Plans promotes disease self-management and allows patients to adjust their treatment in response to changes in severity and stability of their condition.<sup>2</sup> For patients, an Action Plan created with the help of their physician and respiratory educator is a great starting point for knowing what to do to prevent and self-manage exacerbations and when to seek medical treatment. For physicians and other health care professionals, an Action Plan is a practical reminder of the clinical evidence-based guidelines and best practices.

The CTS COPD Action Plan is designed to be printed in three parts to facilitate communication and continuity of care among the patient, physician and pharmacist. It can be downloaded from <http://www.COPDguidelines.ca>, <http://www.respiratoryguidelines.ca> and <http://www.lung.ca> websites.

Other educational tools, such as the COPD Guidelines Slim Jim, slide kit, and articles such as the "Highlights for Primary Care" noted above, can also be freely downloaded for personal use. Hard copies are currently being distributed to physicians and health care professionals across Canada via mail outs and at professional conferences. Copies can be sent to individuals upon request, by contacting [ldingwell@lung.ca](mailto:ldingwell@lung.ca).

## References:

1. O'Donnell D, Hernandez P, Kaplan A, et al. Canadian Thoracic Society recommendations for management of chronic obstructive pulmonary disease- 2008 Update - Highlights for Primary Care. CRJ, Vol 15 Suppl A January/February 2008
2. Gibson PG, Powell H, Coughlan J, et al. Self-management education and regular practitioner review for adults with asthma. Cochrane Database Syst Rev 2002; CD001117.



## Allergic Living

### Free Subscription to Allergic Living Magazine

I have some good news to share with CAEs and CREs. In recognition of the valuable work we do with patients and the community, Allergic Living magazine has agreed to provide free subscriptions to CNAC CAEs and CREs.

This excellent magazine offers insightful coverage of asthma and allergic disease, including interviews with world-renowned experts to get the latest on treatment and prevention news, as well as feature articles on living with asthma and



on accommodations at school and work for allergic diseases.

Allergic Living is the only magazine in Canada to offer this type of coverage. Every issue also contains the "Breathing Space" news supplement from The Lung Association. The publishers hope the information in the magazine will prove useful to you and your clients. It is the hope of Allergic Living that you will also mention the magazine to your clients, and as a result increase awareness of the magazine.

If you notified CNAC that you do not consent to your information being released to third parties, you will not receive a copy of the magazine. However, if you opted out of receiving third-party mailings, but would like to receive the magazine as a CNAC member, please e-mail [info@allergicliving.com](mailto:info@allergicliving.com) with your name, full address and e-mail (that's only used in case of delivery issues).

Happy reading!



The Asthma Society of Canada frequently receives invitations to participate at Health Fairs and occasionally is asked for local CAE/CRE contacts for newspaper or radio interviews. If you are interested in representing the Asthma Society please forward your contact details to [info@asthma.ca](mailto:info@asthma.ca)



## The National Lung Health Framework Document Now Online

After two years of development and input from over 500 stakeholders (including CNAC), the National Lung Health Framework Document is now complete. This document outlines the vision, principles, goals and strategic areas for action identified by stakeholders from across Canada.

It is the "Where do we need to go?" document, providing a tool that decision-makers can use in their strategic planning processes. The group is now working on the development of a corresponding Action Plan.

The Framework Document outlines the existing and planned strategies and activities to improve respiratory health in Canada, while also providing useful statistics, background information and references. To view a copy of the Framework Document, please go to [http://www.lung.ca/about-propos-framework-cadre\\_e.php](http://www.lung.ca/about-propos-framework-cadre_e.php).

