

Health PEI INSPIRED COPD Program

Partnership between Acute Care, Chronic Disease, Primary Care and Home Care

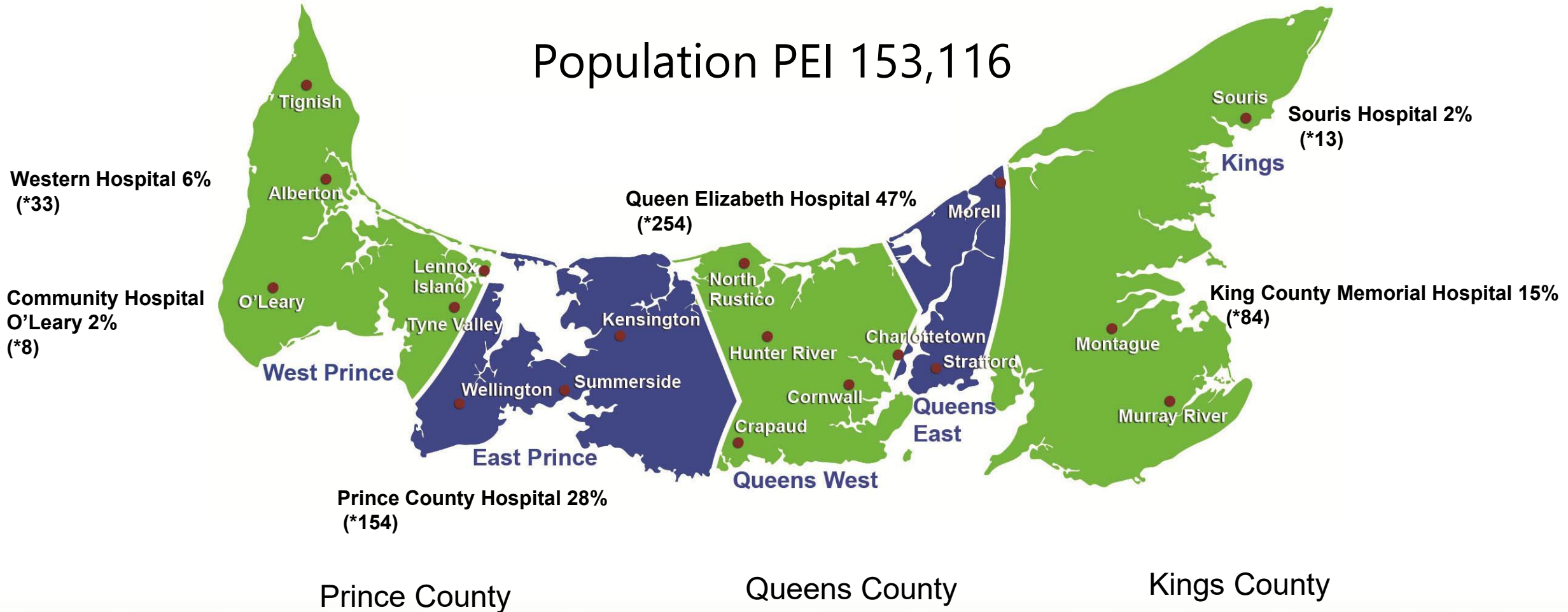
Eva Mol, Manager Home Care Queens

Celina MacLeod, RT COPD Coordinator

Health PEI

*Approx number (%) potential INSPIRED participants (546) based on hospital discharges over past 2 years

Population PEI 153,116



About COPD in PEI...

- ❖ Over 8,000 Islanders living with COPD (Chief Public Health Officer's Report , 2016)
- ❖ Estimated approx 2,000+ are likely moderate to severe cases
- ❖ Prevalence of COPD expected to increase as population ages
- ❖ Population of persons aged 65 years and over expected to increase by 17% over the next 5 years

Currently second reason for hospitalization in PEI

What is the COPD INSPIRED Scale Up Project?

- What is INSPIRED™?

Implementing a **N**ovel and **S**upportive **P**rogram of **I**ndividualized Care for Patients and Families Living with **RE**spiratory **D**isease (INSPIRED)

- ▶ Originally developed by the Nova Scotia Health Authority in Halifax – Dr. Graeme Rucker and team
- ▶ CFHI spread (transfer of a best practice from one site to another) project September 2014-2015 - HPEI one of 19 teams
- ▶ CFHI scale up (expanding the reach to all who stand to benefit in a defined jurisdiction) – HPEI one of 6 teams

INSPIRED 1.0 – March 31st, 2015

- Started with Queen Elizabeth Hospital, Charlottetown
- Partnership with Acute Care, Chronic Disease Prevention and Management and Primary Care
- Referral from hospital to RT COPD Coordinator

INSPIRED Cohort April 1, 2015 to March 31, 2017

Pre and Post Data

	Pre-INSPIRED			Post-INSPIRED					
	3 M N=104	6 M N=94	12 M N=64	3 M N=29	6 M N=36	12 M N=59	%change 3 M	%change 6 M	%change 12 M
Admissions	117	116	94	44	56	59	↓62%	↓52%	↓37%
LOS (days)	793	865	709	367	377	485	↓54%	↓56%	↓32%
Avg(Med) LOS	7(6)	7(6)	8(6)	8(6)	7(5)	8(6)			

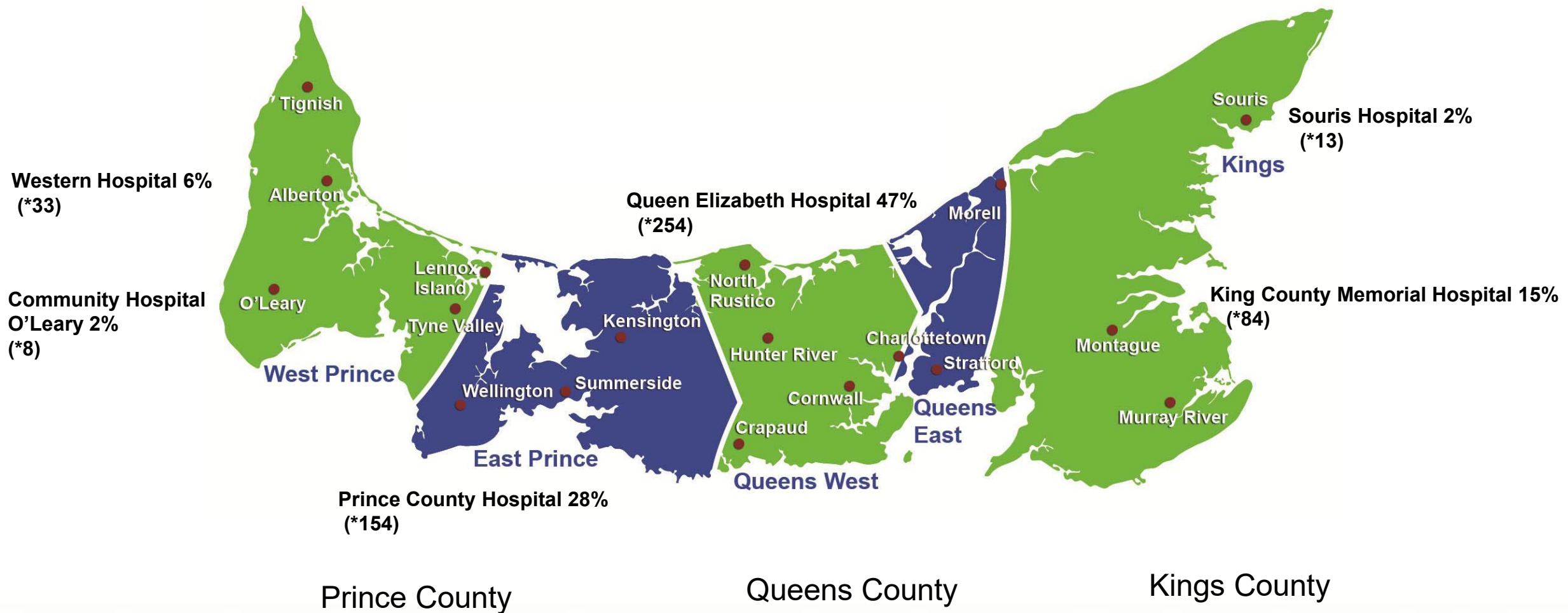
	Pre-INSPIRED			Post-INSPIRED					
	3 M N=58	6 M N=57	12 M N=48	3 M N=34	6 M N=39	12 M N=31	%change 3 M	%change 6 M	%change 12 M
ED Visits	84	95	92	44	57	57	↓48%	↓40%	↓38%

INSPIRED 2.0 – April 1st, 2018

- New partner – Home care
 - ▶ Began training COPDTrec 2016
 - ▶ Implemented March 19th, 2018
- Re-established program with other acute hospitals



Access to COPD Educators close to home

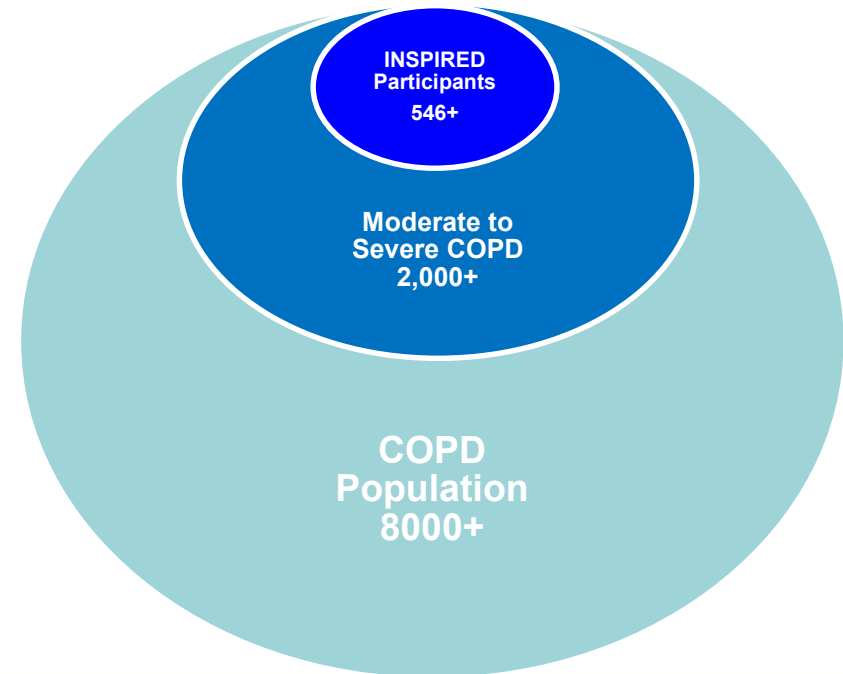


Established Guiding Team

- Representation from Acute Care, Chronic Disease Prevention, Home Care and Primary Care
- Site champions from each team
- Patient and family advisors
- Physician champion

INSPIRED Target Population

- Persons at highest risk for AECOPD resulting in repeated emergency department visits and hospital admissions



INSPIRED 2.0 Eligibility Criteria

Confirmed or pending diagnosis of COPD (by spirometry)

MRC breathlessness scale score 4 or 5

AND at least one of the following:

- Admission to hospital with AECOPD more than once in the past year
- Admission to ICU due to AECOPD
- Frequent (3 or more) ER visits with AECOPD in the past year

INSPIRED™ Key Elements

- ✓ Post discharge telephone call within 48 hours
- ✓ Home visit within 1-2 weeks
- ✓ COPD Education and Follow up at regular intervals
- ✓ COPD Action plan
- ✓ Phone number to call during business hours
- ✓ Advanced Care planning discussion
- ✓ Referral to other services if needed

Screening for additional factors

- All participants in INSPIRED are screened for depression and anxiety
 - ▶ PHQ – 9
 - ▶ GAD – 7
- Exploring caregiver screen

Education and Support

- Provide on-going education and training for all staff
- Stakeholder meeting
- Continued mentorship through RT COPD Coordinator

Since March 2018...

- 18 New Clients to home care for INSPIRED
 - ▶ Charlottetown - 11
 - ▶ Summerside - 5
 - ▶ Montague - 1
 - ▶ Souris – 1
- 1 patient declined after the first home visit

Client & Staff Testimonies

"One of our patients who we recently saw for intake again was followed by the INSPIRED program through home care since last participating in Pulmonary Rehab. We noticed an increase in his knowledge of his disease, as well as supports that have been put into place for him. Being able to offer this follow up at home has made a difference for him. This is a consistent trend we see among patients who followed by the INSPIRED/Home Care Program"

- Pulmonary Rehab Team

Client & Staff Testimonies

"COPD visits are very comforting; having an RN come in and assess my lungs and answer my questions has been great"

-INSPIRED Home Care Client

Client & Staff Testimonies

"Since implementing the INSPIRED Program within Home Care, I have changed my everyday practice to include respiratory education to all clients. I frequently teach pursed lip breathing and now I always review inhaler technique with ANY clients using inhalers. I have learned through the INSPIRED Program that approximately only 30% of patients use their inhalers properly. This results in ineffective (not to mention costly) disease management"

- Elaine Betts, RN INSPIRED Home Care

Client & Staff Testimonies

"Many patients living with COPD also suffer from significant anxiety and distress related to the feeling of not getting enough air. One of the great benefits I have witnessed as a hospitalist is the ability of the INSPIRED program, and particularly home care nursing, to alleviate much of the anxiety for patients around the transition from hospital to home. It is rewarding to be able to facilitate a successful return home to the community for patients living with severe COPD. Many patients only leave their houses to attend their medical appointments and when they have been hospitalized there is great fear about what will happen next. I am very appreciative of my homecare nursing colleagues and the support that they have been able to provide. I do feel this translates into improved patient care and certainly my patients have expressed their satisfaction with being part of the INSPIRED program"

- Hospitalist Physician QEH

Questions?

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Nova Scotia INSPIRED Outreach Program
<http://www.nshealth.ca/content/inspired-copd-outreach-program>

CFHI INSPIRED
<https://www.cfhi-fcass.ca/WhatWeDo/recent-programs/inspired-approaches-to-copd>