



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"/> Halifax, Eastern Shore	Ph: 902-719-6194	Fax: 902-425-4191
<input type="checkbox"/> West Hants (Windsor)	Ph: 902-792-2061	Fax: 902-798-5107

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

- | |
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| <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"> • In the past year, greater than 1 visit to ED for AECOPD <u>OR</u> greater than or equal to 1 admission to the hospital for AECOPD |
| <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-MM-DD)

Referral Date: (YYYY-MM-DD) ____/____/____

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

Please cc correspondence to referring clinician. Fax: _____

Notes: _____



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INSPIRED Program Information

The INSPIRED program spans approximately six 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, and 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 less 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
Halifax 902-719-6194	Halifax Regional Municipality including Eastern Shore and Middle Musquodoboit
Windsor 902-792-2061	Mount Uniacke to Windsor and surrounding area

Current and Previous Patient Readmissions 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 the electronic medical record to see if the patient has completed a Personal Directive.