

## Research

### Research Professorships

The professorship program has been extremely successful in developing and sustaining lung health research here in Saskatchewan. This program has been responsible for bringing world-class lung specialists to Saskatchewan who contribute to enhanced levels of patient care and teaching of medical students, in addition to their research activities.

Another benefit of this program was the development of a respiratory specialty training program at the University of Saskatchewan.

Several respirologists have been trained by this program and many have remained in Saskatchewan, practicing as lung specialists.

Furthermore, the investment in professorships by The Lung Association has been matched several times over by the funding that these scientists have attracted from other sources. Here is a list of the Saskatchewan researchers currently being funded by The Lung Association.

### COPD Professorship

One of the authors of Canada's guidelines for COPD management, Dr. Darcy Marciniuk's research has helped to develop COPD rehabilitation therapy and other methods of COPD treatment. Over \$520,000 has been contributed since 2001.

### Southern Saskatchewan Respiratory Professorship

In partnership with the Regina Qu'Appelle Health Region, Dr. G. Sridhar's work has led to the establishment of a sleep centre, an endoscopy suite, a home ventilator program, an asthma clinic and other programs and facilities in Regina. Over \$560,000 has been contributed.

### Sleep Apnea Professorship

Dr. Robert Skomro is currently investigating the predictors of sleep apnea in women. Over \$370,000 has been contributed since this professorship began in 2002.

The **Ferguson Professorship** funding was used in the Division of Respiriology, Critical Care and Sleep Medicine to support a research technician in sleep medicine and a Master of Science student working on exercise protocols for patients with COPD.

### Other Support

Includes visiting professorships, research support contributed to the Canadian Lung Association, training grants, support for TB control, seconded staff time, development of patient education programs and support for continuing professional education. Over \$300,000 has been contributed in the past 5 years.

Research has led to the development of Canadian Clinical Guidelines for the treatment of lung diseases such as COPD, asthma, childhood asthma, sleep apnea, and tuberculosis. These guidelines are developed by the Canadian Thoracic Society and are updated regularly. They are distributed to all physicians in Canada.

### *The Saskatchewan Thoracic Society*

The Saskatchewan Thoracic Society (health professional section of The Lung Association) invites all health professionals who are active in respiratory care to become part of a progressive, multi-disciplinary organization of health care providers. An annual Education Day is held in November.

Benefits of membership include: helping to improve the quality of respiratory care offered in Saskatchewan; reduced fees for workshops on current issues in respiratory care; eligibility for an LAS educational grant, and much more.

## Our Mission...

To improve lung health one breath at a time. Our general role is to improve respiratory health and the overall quality of life through programs, education, research, training, treatment and prevention of lung disease and promotion of a healthy environment and healthy lifestyles.

### Priorities for Lung Health in Saskatchewan...

We request that the provincial government take action on these four priorities:

1. Coordinated action to improve prevention and management of chronic lung disease;
  2. Better access to specialized medical care for children suffering from asthma and other lung diseases;
  3. Stronger legislation to reduce public and workplace smoking exposure and support smoking cessation; and,
  4. Action on indoor and outdoor air quality.
- See [www.sk.lung.ca/documents/priorities.pdf](http://www.sk.lung.ca/documents/priorities.pdf) or call us for a complete document.

### Provincial, National and International Activity...

Although 95% of our budget is spent right here in the province, we also provide support and leadership nationally through the Canadian Lung Association and, in turn, benefit from the work of other provincial Lung Associations.

Internationally, we support a Tuberculosis Control Project in Ecuador. When it comes to lung disease, no community, no province and no country is isolated from its neighbours. We speak up for Saskatchewan nationally and internationally in the struggle against lung disease.

### Provincial Headquarters


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THE  LUNG ASSOCIATION™  
Saskatchewan

## ANNUAL REPORT

### 2009



Dedicated to every  
breath you take

## Improving Life ... One Breath At A Time

This report covers the year  
January 1 to December 31, 2009

## The Lung Association of Saskatchewan

### RESPTrec®

The Lung Association has created a professional education program to teach health care professionals how to better educate people with asthma and chronic obstructive pulmonary disease (COPD).

RESPTrec® (the Respiratory Training and Educator Course) will give health care professionals the latest information and training on asthma and COPD care. The course content references the most recent Canadian evidence-based management Guidelines. At the same time, the programs give health professionals the tools with which they can better teach their patients how to improve their asthma and COPD self-management skills.

RESPTrec® is offered across the country and is the most accessed respiratory educator program. It is managed and administered by The Lung Association of Saskatchewan.

Upon completion of courses, participants are eligible to write national exams to become Certified Asthma Educators (CAE) or Certified Respiratory Educators (CRE). Certified Educators are valuable members of the health care team.

Under the leadership of The Lung Association of Saskatchewan a new module, SpiroTrec®, was developed to teach health care professionals and physician support staff how to perform quality spirometry testing. Access to quality spirometry is important for the diagnosis of asthma and COPD. SpiroTrec® is offered across the country.

For more information on courses see [www.resptrec.org](http://www.resptrec.org).

### Health Education

Healthy decisions are essential to better lung health and improve air quality in our personal spaces, worksites and outdoor environment. Testing your home for radon helps monitor home air quality.

OHS changes will require indoor worksites to be smoke free. All smoke has harmful elements but continual exposure at a workplace makes tobacco smoke a serious concern. We urge parents not to smoke in indoor settings that children may occupy.

We are pleased to see the new tobacco control initiatives from the Saskatchewan Ministry of Health and we are working together with them and other agencies to implement new anti-tobacco programs.

We are always adding new material to our website, especially for youth. We want to see Saskatchewan teen smoking rates reduced to levels more reflective of other areas of Canada.

We ask persons to refrain from burning wood in fireplaces or outdoor fire pits and to resist burning crop residue. The impact, on personal health, can be substantial. For those who are sensitive to some of the elements of smoke or who already experience compromised health, this smoke can make life very uncomfortable. Increased symptoms can require increased medication, confinement or hospital visits.

Paul Van Loon retired as VP of Health Education for the Lung Association after 28 years of commendable service. His commitment to lung health brought about many changes in Saskatchewan and we are most grateful for his outstanding contribution.

### Home Oxygen

Over 500 home oxygen testers in Saskatchewan are provided with education and support by the Lung Association through a contract with Saskatchewan Health. Overnight oximetry testing in rural areas is coordinated through the Saskatoon office. People requiring home oxygen are supported through written material and direct phone contact.

### Sleep Apnea

Public awareness of sleep apnea is continually being raised. People with sleep apnea are assisted through newsletters and support groups. The Sleep Apnea Handbook was developed here in Saskatchewan and is used widely throughout Canada.

### COPD and Asthma

The Lung Association of Saskatchewan has five Certified Respiratory Educators (CRE) on staff who are licensed health care professionals. By calling the Asthma and COPD Helplines people can access the staff which includes nurses, physical therapists and a respiratory therapist. The staff can help people who live with chronic lung disease and their families to: understand their disease; learn how to best manage their disease; and inform them of the resources available in their community.

### Pulmonary Rehabilitation

The Lung Association of Saskatchewan works with various health regions and health care providers to enhance existing programs and assist in establishing new ones. The Lung Association prepares health care professionals to become certified respiratory educators through RESPTrec®, provides patient education and is a source of referral for existing pulmonary rehabilitation programs. In partnership with the Saskatoon Health Region and the University of Saskatchewan, The Lung Association has launched its newest product - COPD Toolkit®.

## Statement of Operations For the year ended December 31, 2009

	2009 (\$)	2008 (\$)
<b>Revenue</b>		
<b>Direct Mail Campaigns:</b>		
Christmas Seals	207,452	217,259
Artworks	79,116	62,797
Lung Disease		
Research Fund	111,799	100,971
Sweepstakes	44,407	46,732
Other Direct Mail	18,201	13,238
<b>Other Campaigns:</b>		
Share the Air Raffle	359,067	375,900
Stamp Out Asthma		
Raffle	259,338	271,355
Door to Door	207,016	149,899
Memorials	40,899	43,014
Bequests	72,289	347,910
Donor's Choice	19,583	22,594
Other Fund Raising	114,754	108,781
<b>Other Income:</b>		
Investment Income	1,148	15,576
Program Cost		
Recovery	424,064	406,253
Grants	546,082	232,000
Respiratory Therapy		
Program	72,912	71,500
Other Income	42,539	57,651
<b>Total Revenue</b>	<b>2,620,666</b>	<b>2,543,430</b>
<b>Expenses</b>		
Programs		
Health Education -		
general public	502,318	496,025
Health Education -		
professional	465,225	402,745
Health Initiatives	393,024	342,953
Research & grants	246,258	238,758
Development	805,704	837,880
Operations	165,470	184,012
<b>Total Expenses</b>	<b>2,577,999</b>	<b>2,502,373</b>
<b>Excess of revenue over expenses</b>	<b>42,667</b>	<b>41,057</b>

Extracted from 2009 audited statements. Full copies are available on request.