

SAIL Home Oxygen Program

Tester's Newsletter

Spring 2016

Published by The Lung Association of Saskatchewan



Next **Home Oxygen Tester's Workshops** via Telehealth

Wednesday, June 15 @ 1300-1500

Please sign up with your local Telehealth coordinator
48 hours before broadcast time

Home Oxygen Funding Across Canada

A [recent study](#) has compared the home oxygen programs across Canada. Take a few moments and review this article (it can count towards your continuing education credits!).



One interesting point – the study shows that Saskatchewan has a well-designed oxygen program but it is the only province without a policy on smoking and home oxygen. It might be beneficial to have smoking cessation aids made available to people who smoke and require home oxygen. Should we be addressing this?

[Email](#) your thoughts!

Be the Change!

While policy and education have contributed to more Canadians leading tobacco-free lives, several messages have had unintended consequences. By changing the way we talk about tobacco, we hope to communicate respect and bring down the walls of the people we are trying to reach!

People who smoke have internalized this “smoker” label and it is usually referenced in a negative way.

When referring to an individual who smokes, it is essential to be empathetic and understand that using tobacco products (or referring diseases, disability, addiction) does not define an individual. Other options could be “person who smokes, or one who has nicotine dependence.” Progress has been made in regards to disease, there is less referral to persons with COPD as COPD'ers or kids with asthma as asthmatics. Let's be the change in regards to tobacco.

Think differently, speak differently, dare to make a difference!



Inhaler Use & Nurses

Inhalers are the main treatment for COPD & asthma. A 2013 [study](#) of nurses and use of inhalers determined that only 8-18% were using MDI and Diskus inhalers correctly. The serious issue was that up to 71% strongly believed they were properly using the device and were providing patient education on inhaler technique.

The moral of the story? **Review your inhaler technique frequently.** The Lung Association inhaler [videos](#) and handouts are available for [free](#) for personal and patient education.

Proper technique can:

- improve COPD & asthma management
- decrease side effects of inhaler medication
- decrease flare-ups
- decrease emergency/hospital visits
- decrease length of hospital stay
- IMPROVE SYMPTOMS!



May 28, 2016 - Respirology State of the Art Conference
Take a look at this year's excellent morning [agenda](#). Several options for the afternoon workshops include: chest x-ray interpretation, sleep disorder screening, and spirometry interpretation.
[Early bird registration until May 6!](#)

Saskatchewan Aids to Independent Living ([SAIL](#))
1-888-787-8996

Home Oxygen Suppliers:

