

## 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 funding 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 \$400,000 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 \$490,000 has been contributed.

#### **Sleep Apnea Professorship**

Dr. Robert Skomro is currently investigating the predictors of sleep apnea in women. Over \$245,000 has been contributed since this professorship began in 2002.

#### **Basic Science Professorship**

Dr. Thomas Hurst's research work included the effects of agricultural practices on lung health, developing lung treatments for patients in intensive care and reducing the damage to the lung caused by heart-lung bypass. Dr. Hurst retired in 2007 but continues as professor emeritus. Over \$500,000 has been contributed.

#### **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. Stronger legislation to reduce public and workplace smoking exposure and support smoking cessation;
  3. Better access to specialized medical care for children suffering from asthma and other lung diseases; 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.

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THE  LUNG ASSOCIATION™  
Saskatchewan

# ANNUAL REPORT

## 2007



Improving life ...  
one breath at a time

This report covers the year  
January 1 to December 31, 2007

## The Lung Association of Saskatchewan

### RESPTrec®

The Lung Associations of Manitoba and Saskatchewan have created a professional development program to teach health care professionals 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 in asthma and COPD care. The course content is based on the most recent Canadian evidence-based 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.

The RESPTrec® Management Committee provides advice and oversees the maintenance and development of the Training and Educator Courses.

RESPTrec® consists of 3 modules:

1. Education
2. Asthma and Its Management
3. COPD and Its Management

On completing courses, participants are eligible to write exams to become certified asthma or respiratory educators - administered by Canadian Network for Asthma Care. For more information on courses see [www.resptrec.org](http://www.resptrec.org).

The Lung Association of Saskatchewan provides the central administration of this program across Canada.

### Health Education

Education is indispensable to achieve benefits in lung health especially knowing that lung disease is often preventable. It is important that we distribute reliable information based on the established facts as they are best ascertained. Improved air quality through reduced pollution, plus illness prevention, remain our objectives.

Smoking remains a more common activity than it should be, in light of the known medical implications. Saskatchewan rates, we acknowledge with concern, are higher than in most regions in Canada. We encourage all smokers to quit entirely or at the very least use alternative products which are much cleaner in their delivery of nicotine. Please make your homes and vehicles free of all smoke.

Stronger government actions are essential. No one should be required to breathe tobacco smoke as a condition of employment. Our province is one of the few areas in the country where this is still allowed.

Periodic exposures to smoke from other sources can create serious negative responses for many already living with lung conditions. Wood smoke from natural causes such as forest fires is always a concern. Backyard wood smoke is not essential and it too is a disturbing cause of pollution and health trauma for many urban residents. Better regulations are also required to reduce, with the goal of eliminating, the burning of crop residue.

As a society we need to be cognizant of the needs of others and possible ramifications that our actions can have on those around us. Healthy decisions, at all ages, are critical to a healthy society and to reduce preventable illness.

### Home Oxygen

The Lung Association of Saskatchewan provides ongoing training and support to over 500 home oxygen testers through a contract with Saskatchewan Health. Overnight oximetry testing is also provided to rural areas. People requiring home oxygen are supported through written material and direct phone contact.

### Sleep Apnea

The SleepWell pilot project was completed in 2007. It proved to be a successful demonstration of the possibilities for addressing the unreasonably long waiting lists for testing. Public awareness of sleep apnea is continually being raised. People with sleep apnea are assisted through newsletters and support groups.

### 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 Help-line 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 works with various health regions on the development and expansion of pulmonary rehabilitation programs in Saskatoon, Regina, Prince Albert and Humboldt. We train certified respiratory educators, provide patient education, stimulate referral for pulmonary rehabilitation directly with clients and raise awareness of the programs.

## Statement of Operations For the year ended December 31, 2007

Revenue	2007 (\$)	2006 (\$)
<b>Direct Mail Campaigns</b>		
Christmas Seals	213,135	234,422
Artworks	64,734	61,944
Lung Disease Research Fund	118,608	124,301
Sweepstakes	47,675	49,927
March Campaign	-	12,289
Other Direct Mail Campaigns	12,575	11,942
<b>Other Campaigns/Events</b>		
Raffle	381,186	304,970
Door to Door	211,185	207,513
Memorials	66,575	53,771
Bequests	432,273	26,401
Donor's Choice	24,997	23,629
Other Fund Raising	107,739	89,532
<b>Other Income</b>		
Investment Income	34,614	21,172
Program Cost Recovery	548,309	488,718
Grants	50,000	500,917
Respiratory Therapy Program	64,850	65,000
Other Income	114,602	81,650
<b>Total Revenue</b>	<b>2,493,057</b>	<b>2,358,098</b>
<b>Expenses</b>		
Programs		
Health Education -		
general public	444,648	428,257
Health Education -		
professional	304,056	302,777
Health Initiatives	553,300	432,502
Research and grants	243,757	296,363
Development	739,788	784,984
Operations	194,094	167,790
<b>Total Expenses</b>	<b>2,479,643</b>	<b>2,412,673</b>
<b>Excess (deficiency) of revenue over expenses</b>	<b>13,414</b>	<b>(54,575)</b>

Extracted from 2007 audited statements. Full copies are available on request.