

## 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 \$620,000 has been contributed since 2001.

### Pediatric Respirology Professorship

The Lung Association has partnered with the Canadian Institutes of Health Research for a new five-year \$300,000 professorship which was awarded to Dr. Josh Lawson, Department of Medicine, University of Saskatchewan. Dr. Lawson is studying asthma differences among children living in urban, semi-urban and rural Saskatchewan and the relationship of environmental factors to asthma.

### Sleep Apnea Professorship

Dr. Robert Skomro is currently investigating the predictors of sleep apnea in women. Over \$470,000 has been contributed since this professorship began in 2002.

The **Ferguson Professorship** funding was used in the Division of Respirology, 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, inter-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.

### Lung Health Issues in Saskatchewan...

For a complete list of the lung health issues facing Saskatchewan and the action we are taking, please visit [www.lung.ca](http://www.lung.ca), click on the "About Us" tab, then click on "What We Do". The top 4 out of 12 lung health threats are:

1. Children: We are pleased that progress has been made on LAS's report on Children's Lung Health that recommended four full time specialists; we now have one full-time and one part-time pediatric respirologist in Sask.
2. COPD is the fourth leading cause of death in Canada and will soon be number three.
3. 100,000 Saskatchewan people have asthma. Many do not have access to diagnostic tools and management programs
4. 26% of adults are at high risk for sleep apnea and should be tested but Saskatchewan does not have the capacity to meet this demand.

### Provincial and National Activity...

Although 95% of our budget is spent right here in Saskatchewan, we also provide support and leadership nationally through the Canadian Lung Association and, in turn, benefit from the work of other provincial Lung Associations. When it comes to lung disease, no community and no province is isolated from its neighbours.

### Provincial Headquarters

1231 - 8th Street East  
Saskatoon, SK S7H 0S5  
Tel: (306) 343-9511  
1-888-566-LUNG  
Fax: (306) 343-7007  
[info@sk.lung.ca](mailto:info@sk.lung.ca) [www.sk.lung.ca](http://www.sk.lung.ca)  
Reg No. 87230 4811 RR0001

THE  LUNG ASSOCIATION™  
Saskatchewan

## ANNUAL REPORT

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### 2011



Dedicated to every  
breath you take

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

This report covers the year  
January 1 to December 31, 2011

## 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 in 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).

### KNOW Tobacco Resources

Saskatchewan youth smoking rates continue to be some of the highest in the country. We worked with the Ministries of Health and Education to develop two “**KNOW Tobacco...Think...Learn...Live**” resource guides which have been approved as supplemental resources for the provincial health education curricula.

### Community Youth Challenge

We have a partnership with Triple 4 Fine Foods to participate in the Community Youth Challenge. We had three Saskatchewan Roughriders going into 50+ schools educating them about leading a tobacco-free life!

### Got Lungs?

We designed a new website for students, teachers and community educators @ [gotlungs.ca](http://gotlungs.ca).

### Provincial Tobacco Control Strategy

Our two Health Education staff participated on three Provincial Tobacco Control Strategy committees. We sit on the Coordinating Committee (in which we advise on provincial prevention, cessation and protection activities), the Cessation Team and the Engaging Youth Team. We are pleased to play an active role to the strategy, while forming new partnerships and carrying out initiatives with other community-based organizations.

### Radon

We partnered with Health Canada and the Saskatchewan Research Council to educate Saskatchewan residents on the importance of testing their home for radon. We offer test kits for sale for \$50 which includes the analysis.

### Pesticides

We worked with the Saskatchewan Environmental Society on educating Saskatoon residents about the Pesticide Reduction Program while urging residents to make environmental behaviour changes while caring for their yard.

### 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.

Regular Tele-health sessions are offered to the public on various topics to help manage chronic lung disease; newsletters with up-to-date information on lung health are also available.

### 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 provides patient education and is a source of referral for existing pulmonary rehabilitation programs.

## Statement of Operations For the year ended December 31, 2011

	2011 (\$)	2010 (\$)
<b>Revenue</b>		
<b>Direct Mail Campaigns:</b>		
Christmas Seals	189,697	205,583
Artworks	58,667	63,588
Lung Disease		
Research Fund	118,872	100,583
Sweepstakes	41,881	59,216
Other Direct Mail	22,066	21,322
<b>Other Campaigns:</b>		
Share the Air		
Raffle	365,226	333,760
Stamp Out Asthma		
Raffle	205,454	273,744
Door to Door	191,537	203,971
Memorials	35,080	39,833
Bequests	39,395	73,866
Donor's Choice	16,536	17,557
Other Fund Raising	112,946	121,697
<b>Other Income:</b>		
Investment Income	1,516	1,232
Program Cost		
Recovery	488,508	332,611
Grants	868,586	650,419
Respiratory		
Therapy Program	76,605	77,705
Other Income	49,399	51,411
<b>Total Revenue</b>	<b>2,881,971</b>	<b>2,628,098</b>
<b>Expenses</b>		
Programs		
Health Education -		
General Public	651,931	574,482
Health Education -		
Professional	559,765	451,704
Health Initiatives	300,570	296,875
Research & grants	284,456	287,199
Development	849,860	847,947
Operations	194,411	181,376
<b>Total Expenses</b>	<b>2,840,993</b>	<b>2,639,583</b>
<b>Surplus (Deficit)</b>	<b>40,978</b>	<b>(11,485)</b>

Extracted from 2011 audited statements. Full copies are available on request.