Taddle Creek FHT

- The only community-based FHT in downtown Toronto
- Named after a now-buried creek that used to run through the University of Toronto
- 13 physicians and 15 IHPs
- 6 offices at 2 sites, connected by EMR
- Current programs:
  - Mental health
  - Diabetes
  - Outreach
  - Methadone
  - Cardiovascular (INR & HTN Clinics)
  - Respiratory Care
Respiratory Needs at TC FHT

- 15,000 rostered patients
- Heterogeneous urban population
  - Diverse socioeconomic and education levels
  - Age
    - <19yo – 23%
    - 20–44yo – 38%
    - 45–64yo – 34%
    - >65yo – 8%
- Based on EMR:
  - # asthma: 1082
  - # COPD: 90
The Respiratory Care Program

- RCP = Smoking Cessation Counseling and Respiratory Care Clinic
- Goals: to support people diagnosed with respiratory conditions (e.g. asthma or COPD) and counsel those wishing to stop smoking
- Services include:
  - One-on-one support and education
  - Medication review
  - Spirometry testing
  - Smoking cessation counseling
Referral Criteria for Respiratory Care Clinic

- Must be a patient of TC FHT
- Must have confirmed or suspected asthma or COPD
- Referrals are made by the primary care provider
Appointment with Respiratory Educator

- ½ – 1 hr in length

Includes:

- Point of Care spirometry testing
- Assessment of disease control and medications
- Education
- Provision of written materials
- Provision of Asthma Action Plan, where appropriate
Smoking Cessation Counselling

- Provided by the nurses on our team
- Include:
  - Motivational interviewing
  - Baseline spirometry offered
  - Education
  - Pharmacotherapy discussed (e.g. Champix) – possible referral to pharmacist
  - Smoking reduction plan & goals established
  - Regular follow-ups by phone and/or in person
Steps in Creation of the Clinic

- Respiratory Care identified as a goal for the FHT
- Obtained designation as a Certified Respiratory Educator
  - Designation provided by Canadian Network for Asthma Care (CNAC)
  - Requires graduation from an approved educator course and successful completion of the CRE exam
- CAMH TEACH program for smoking cessation
- Support from the Ontario Lung Association, Primacy Care Asthma Program
Creation of the Program

- Purchase of spirometer and spirometry training
  - On-site training with a Respiratory Therapist
  - SpiroTrec training through the Lung Association

- Creation and approval of medical directives
  - Spirometry
  - Asthma Action Plans

- Supplies
  - Educational materials from Lung Association
  - Teaching devices
  - Spirometry supplies (mouthpieces, filters, inhalers)
Challenges and Rewards

- **Challenges**
  - Inexperience with spirometry testing
  - Logistics (equipment, flow)
  - Focus on spirometry

- **Rewards**
  - Immediate referrals
  - Ability to identify respiratory dysfunction and make recommendations
  - Improvements in respiratory care
Contact Info and Resources

- **My contact info:**
  - dchan@tcfht.on.ca
  - 416–260–1315, x309

- **CRE requirements:** [www.cnac.net](http://www.cnac.net)
  - [www.resptrec.org](http://www.resptrec.org)
  - [www.opatoday.com](http://www.opatoday.com)

- **Ontario Lung Association:** [www.on.lung.ca](http://www.on.lung.ca)
  - Primary Care Asthma Program:
    - [http://www.on.lung.ca/Health-Care-Professionals/PCAP/about-pcap.php](http://www.on.lung.ca/Health-Care-Professionals/PCAP/about-pcap.php)
  - Ana Macpherson: amacpherson@on.lung.ca