In Canada, COPD is the fourth leading cause of death and a leading cause of adult emergency department (ED) visits and hospitalizations\(^1\), contributing to high healthcare expenditures (COPD acute exacerbations account for >$750 million/year in hospital-based costs\(^2\)).

In 2014 CFHI launched INSPIRED Approaches to COPD, a pan-Canadian quality improvement collaborative based on the successes of INSPIRED in Halifax and the need in across Canada. The collaborative supported 19 teams.

The INSPIRED COPD Outreach Program\(^3\) - a holistic and community-based approach to COPD care - achieves consistent reductions (50-70%) in hospital visits, while improving experience and coordination of care for patients/families.\(^4\)

### 2014-2015 RESULTS

The INSPIRED spread collaborative (2014-2015) enabled 19 teams to adapt and implement an evidence-based and patient-centred innovation for the care of patients with advanced COPD. Patient outcomes and results demonstrate improved quality of care delivered through local INSPIRED programs, with greater self-confidence in symptom management. Teams acquired new skills and demonstrated ability to measure and implement improvements to COPD care. Teams optimized patient care by developing action plans, self-management support, psychosocial support, advance care planning, and coordinated community partnerships with allied health professionals. Spreading INSPIRED across Canada over the next five years would provide better care to 14,000 Canadians (the estimated number living with advanced COPD) and prevent $688-million in healthcare costs.

**Hospital or Health System/Region** | **Reduction in Hospital Use for INSPIRED patients**
---|---
Alberta Health Services (Edmonton Zone) | -47% | -54%
Health PEI | -40% | -52%
Joseph Brant Hospital (Ontario) | -40% | -75%
Nova Scotia Health Authority | -50% | -62%
Whoping Regional Health Authority (Manitoba\(^*\)) | N/A | N/A
Horizon Health Network (New Brunswick\(^*\)) | N/A | -60%

### SCALING UP “INSPIRED”

CFHI has launched a scale collaborative (2017-2019), *Home is Where the Health Is: Scaling up INSPIRED approaches to COPD care*, to help six health systems/regions extend the reach. The collaborative also aims to identify the policy and system barriers and enablers to the broader scale-up of a successful health care innovation.

The six participating teams have achieved significant improvements to date; and

**Teams adapted and implemented an evidence-based and patient-centred innovation for the care of patients with advanced COPD.**

**Patients enrolled; patients reported greater self-confidence in symptom management, return to daily activities, and enhanced functional status.**

**Reduction in ED visits and hospitalizations with early reductions as high as 80%, lowering to 40-50% in the 6-12 month period post-collaborative.**

**Every dollar invested in INSPIRED avoids $21 in hospital costs\(^5\).**

#### Make part of routine operations

**Test under a variety of conditions**

**Theory and Prediction**

#### Expand the risks to all those who stand to benefit

**2014-15** INSPIRED scales up in 6 jurisdictions supported by INSPIRED Scale Collaborative

**2016-17** INSPIRED spreads to 19 healthcare delivery organizations across Canada supported by INSPIRED Approaches to COPD Care Collaborative

**2018** INSPIRED becomes a core-funded program at NSHA (Halifax)

By March 2019, the teams estimate they will reach an additional 23,000 people living with advanced COPD across 39 hospitals and up to 13 primary care organizations.

“Before INSPIRED, I lost hope about ever managing my COPD symptoms, but the INSPIRED team has helped me get back into the ‘driver’s seat’ again… my family can’t get over the change in me!”

- Patient, Joseph Brant Hospital