



## Quebec Backgrounder: Supporting COPD patients at home saves hospital resources and healthcare dollars

Canadian patients living with chronic obstructive pulmonary disease (COPD) do not receive adequate care. As a result, COPD is a costly disease to treat – negatively affecting both hospital resources and healthcare dollars. COPD patients would experience improved quality of life if they received more appropriate supports.

### How big is the problem?

By conservative estimates, about 800,000 Canadians live with COPD today. Those living with advanced COPD are among the highest users of healthcare resources. It's estimated that one in four Canadians over age 35 will develop COPD in their lifetime.

Many patients in the advanced stages of COPD resort to episodic emergency department (ED) care to cope with poorly managed symptoms of breathlessness.

### What CFHI did:

The Canadian Foundation for Healthcare Improvement (CFHI) and Boehringer Ingelheim Canada Ltd. (BICL) helped 19 teams implement INSPIRED programs across 78 organizations to improve COPD care. This proactive program supports patients living with late-stage COPD, and their families, transition from the hospital into supported care in the community. It was modelled on the INSPIRED COPD Outreach Program™ developed by Medical Director Dr. Graeme Rocker and his team of respiratory therapists and spiritual care practitioners at the Nova Scotia Health Authority in Halifax. INSPIRED delivers self-management support education, individualized action plans, telephone help lines, home visits, psychosocial and spiritual care support, and advance care planning where needed.

INSPIRED teams include respirologists and other physicians, certified COPD educators (respiratory therapists or nurses), spiritual care practitioners or social workers, program coordinators and others. Early results show 90 days into the program, six teams succeeded in reducing hospitalizations by up to 80 percent.

### What would happen if we scaled up across the country?

CFHI projects significant healthcare savings across Canada. An independent analysis conducted by RiskAnalytica identifies possible savings in ED visits and in-patient hospital care. It accounts for realistic growth in Canadian populations and the aging of the population. It assumes gradual implementation and patient enrolment. It also adjusts for an expected decrease in cigarette smoking rates, the underlying cause of the majority (80-90 percent) of COPD cases.



## Quebec

In Quebec, about 214,000 people currently live with COPD and about 20 percent of the population are smokers. Smoking rates are down since 1965 when half of Canadians over 15 years old smoked, but yesterday's smokers are today's COPD patients. Over five years, CFHI projects Quebec would enrol an average of 1,400 COPD patients per year -- saving \$168 million of COPD-related hospital care.

This works out to an average net annual benefit of \$34,000 per COPD patient in Quebec.

### Quebec Participants

The following healthcare teams and associated facilities implemented INSPIRED programs.

#### Centre Intégré de Santé et de Services Sociaux du Bas-Saint Laurent

- 54.5 percent reduction in ED visits for participating patients
- 40 percent reduction in hospitalizations for participating patients

#### Centre Intégré de Santé et de Services Sociaux de Montérégie-Est

- 152 patients registered for diagnostic testing through spirometry
- 138 patients received Living Well with COPD education
- Hospital readmissions for participating patients down from 14 to one
- Official opening of COPD ambulatory clinic; establishment of care pathway among CLSC, front-line physicians and community pharmacists; and strengthening of end-of-life care protocol

#### L'Hôpital du Sacré-Coeur de Montréal

- Standardization and optimization of patient care pathway
- Development and sharing of COPD resources for healthcare professionals (directory of resources, training tool and decision support tool for professionals)

#### L'Institut Universitaire de Cardiologie et de Pneumologie de Québec

- Hospital readmissions for participating patients down from 19 to one
- ED visits by participating patients within 90 days down from 13 to one

### Saving Healthcare Dollars in Quebec

In Quebec, patients living with COPD account for the most hospitalizations of all chronic diseases. INSPIRED services help patients manage COPD better, which would significantly reduce their ED and hospital visits.

Five years of INSPIRED programs across Quebec would prevent:

- 17,000 ED visits
- 11,000 hospitalizations
- 98,500 hospital bed days





Five years of INSPIRED programs would decrease ED and hospital costs:

- Saving \$19 million in ED costs
- Saving \$158 million in hospital costs

## Quebec Bottom Line

The INSPIRED programs cost around \$1,000 annually per COPD patient to implement, but the return on investment is substantial.

In five years, INSPIRED programs across Quebec would net \$168 million in healthcare savings. Note this figure is based on prevented ED visits and hospitalizations and does not include savings in prevented routine care, but includes costs of delivering the program.

INSPIRED Bottom Line: \$1 spent in Quebec prevents \$21 in healthcare costs.

## National Portrait

### Saving Healthcare Dollars

COPD is a primary cause of ED and hospital visits in Canada. By helping patients manage their COPD symptoms better, the INSPIRED COPD Outreach Program™ significantly reduces ED and hospital visits.

Five years of INSPIRED programs across Canada would prevent:

- 68,500 ED visits
- 44,100 hospitalizations
- 400,000 hospital bed days

Five years of INSPIRED programs would decrease ED and hospital costs:

- Saving \$79 million in ED costs
- Saving \$644 million in hospital costs

## National Bottom Line

The INSPIRED program costs around \$1,000 per COPD patient to implement. In five years, nationwide INSPIRED programs would net \$688 million in healthcare savings. Note this figure is based on prevented ED visits and hospitalizations and does not include savings in prevented routine care, but includes the costs of delivering the program.

Bottom line: \$1 invested in INSPIRED prevents \$21 in healthcare costs.

The Canadian Foundation for Healthcare Improvement identifies proven innovations and accelerates their spread across Canada, improving patient care, the health of Canadians and value-for-money. These innovations could save healthcare budgets over \$1 billion per year. CFHI is a not-for-profit organization funded by Health Canada. Visit [www.cfhi-fcass.ca](http://www.cfhi-fcass.ca) for more information.

The views expressed herein do not necessarily represent the views of Health Canada.

