collaborating in Project SUCCESS present the third annual COPD Education Day 2009

Chronic Obstructive Pulmonary Disease (COPD) emphysema, chronic bronchitis and chronic asthma

Saturday, November 7, 2009 9:00 AM—1:30 PM

Queen’s Conference Center
Hawaii COPD Coalition, event organizer

www.hawaiicopd.org
Welcome to COPD Education Day 2009!

By Valerie Chang, Executive Director
www.hawaiicopd.org, copd.hawaii@yahoo.com, 699-9839

The Hawaii COPD Coalition (HCC or Coalition) was formed in 2007 to provide services and support to Hawaii’s people affected by Chronic Obstructive Pulmonary Disease (COPD) and its related disorders. The Coalition is recognized as a tax exempt 501(c) non-profit corporation by both the IRS and state of Hawaii. HCC serves patients, caregivers, family and friends, and healthcare professionals through research, education and increasing public awareness including early screening and diagnosis.

HCC has nearly completed a two year project with Longs Drugs called Project SUCCESS—Spirometry-Urged Cessation through Counseling Education and Sustained Support. It is funded by a grant is from the Hawaii Tobacco Prevention & Control Trust Fund of the Hawaii Community Foundation. Healthcare professionals have been specially trained to offer breathing and carbon monoxide testing, including pharmacist, nurses, respiratory therapists, dietitian, medical and pre-pharmacy students. This project is co-lead by patient advocate Valerie Chang, JD, pulmonologist Paul Enright, MD, and Longs pharmacist Cindy Minakami, PharmD. For information call Hawaii COPD Coalition at 699-9839 or Longs Clinical Services at 988-2439.

HCC has raised awareness of COPD on state and national levels.

- Clinics have been held throughout Oahu, as well as on Kauai, Maui and the Big Island, with more scheduled.
- In the first 12 months of clinics, 535 people participated, including 176 former smokers
  - All 90 current smokers were counseled by our healthcare team to quit smoking
  - All 90 current smokers were referred to the QuitLine, 1-800-QuitNow
    - 83 current smokers were given additional referrals
    - 58% reported being smoke-free after one month
  - 59 participants had results reviewed by a lung specialist and follow up with their healthcare provider
  - 52 participants were deferred due to poorly controlled hypertension (BP > 160/100)
- Information about this project has been presented at international conferences and meetings in 2008 and 2009 including:
  - 2008 and 2009 American Thoracic Society International Conference
  - 2008 and 2009 Asthma and COPD Symposium at the American College of Chest Physicians International Conference
  - Other national meetings and teleconferences
ACKNOWLEDGEMENTS
The Hawaii COPD Coalition and Longs Drugs gratefully acknowledge the following sponsors for their support of this event: Tobacco Prevention and Control Trust Fund of the Hawaii Community Foundation (Community Links Hawaii, fiscal agent) and

Special thanks to the tireless planning committee, including our program co-chairs Dr. Roger Yim and Dr. Warren Tamamoto who made this event possible, especially Lila Johnson, Sara Mayet, and Jorge Gago. Kaiser Permanente thanks for printing the brochure. Mahalo to the Department of Health Behavioral Risk Factor Surveillance System and Hawaii Health Survey for the Hawaii data, Tobacco Prevention & Education Program and Coalition for Tobacco Free Hawaii for help in planning. Special thanks to Shirley Todd for being our model for the brochure cover, Kapiolani Community College Respiratory Therapy Program and University of Hawaii Department of Public Health Sciences for volunteers, Lanikila Meals on Wheels for our healthy meals and to donor, Ron Kuriki and to Pfizer, Foundation for matching the donation. Thanks so much to Queen’s Conference Center, especially Diane and Michael.

Thanks to our many individual volunteers and assistants; you were invaluable!

Additional Organization Partners Include:
American Lung Assn of Hawaii/Hawaii Thoracic Society * Coalition for Tobacco Free Hawaii * Kapiolani Community College, Respiratory Therapy Program * Pfizer, Inc. * Respiratory Home Care Specialists, Inc. * STAT Medical * University of Hawaii School of Nursing COPD Research Study * Queen’s Cancer Center * AstraZeneca * St. Francis Palliative Care * University of Hawaii Department of Public Health Sciences * * American Academy of Chest Physicians * American Thoracic Society * National Heart Lung Blood Institute

Program Co-Chair
Warren Tamamoto, MD
Kaiser Permanente
Photo Nathalie Walker-MidWeek
Program Schedule

9:00-10:15 AM  Registration
Workshops and exhibits—see enclosed map and descriptions

10:20-10:30 AM  Welcome & Introductions & Proclamations
Moderator: Beth-Ann Kozlovich
Director of Development, Am. Lung Assn ; Hawaii Public Radio Talk Shows Exec.Prod., Host of Town Square

10:30-10:50 AM  COPD in Hawaii, Q&A
Co-Keynote: Roger Yim, MD, Program Co-Chair
Certified in Pulmonology, Critical Care and Sleep
Director, Queen’s Sleep Center
Director, Queen’s Pulmonary Function Laboratory

10:50-11:05 AM  Exercise & COPD
John Cheung, MPH, RD,
Clinical nutritionist, Waianae Coast Comp. Health Center

11:05-11:20AM  Nitrates & Nitrites
Kourtney Inoue, MS, RD, CDE
Clinical dietitian, Kaiser Permanente

11:20-11:35 AM  Medications & COPD
Cindy Minakami, MBA, PharmD, AE-C, CDE,
Manager. Clinical Services, Longs Drugs

11:35-11:55 AM  Patient Panel—COPD Being Heard & Travel
“Uncle Joe,” Renwick Tassell, patient
Valerie Chang, patient

11:55-12:10 PM  “Swine” H1N1 Flu & You
Co-Keynote: Eileen Hilton, MD
Certified in Infectious Disease

12:10-12:30 PM  Panel Discussion (above speakers) & Wrap Up

12:30-1:30 PM  Lunch, Workshops & Exhibits Continued

1:30  Program Ends—Thanks for Coming!
See You Next Year!

GET INVOLVED—Share Your Story!

The “Breathing Hui,” public monthly COPD support group meetings, began in November 2007 and continue. Meetings are second Friday of every month at Kaiser Permanente, Honolulu clinic on Pensacola, conference rooms on the second floor off the main elevator, from 10-noon. Meetings are run by healthcare professionals. (Meetings are free and open to everyone but there is a nominal $3 parking fee for 3 hours.) Additional groups may be formed, based on demand and resources.

One of the Breathing Hui group leaders is respiratory therapist, Joan Loke, AARC PACT Team Representative. She can be contacted at 432-8970, catnap@hawaii.rr.com. She’s had many years of getting messages conveyed to elected leaders in Washington, DC and now working with our local legislators as well. Please work with Joan to let your opinions and stories be heard so our leaders will make good choices for the health of our city, state and nation. It’s important if programs like Project SUCCESS are to continue.

Please sign up to help contact our Project SUCCESS staff about pulmonary rehabilitation and other vital issues. Your local Hawaii legislators want to hear from you. You can also call our Hawaii delegation in Washington D.C. by phone locally:

Senator Daniel Inouye:  541-2542
Senator Daniel Akaka:  522-8970
Representative Neil Abercrombie:  541-2570
Representative Mazie Hirono:  550-2006