



WHAT'S NEW

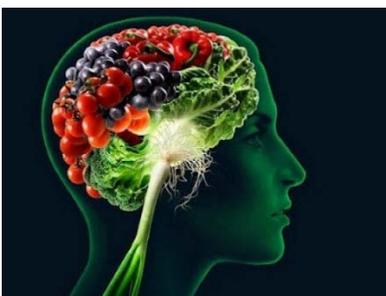
Home Health Monitoring Project

The Yukon Home Health Monitoring (HHM) trial was a service providing additional support for people living with Chronic Obstructive Pulmonary Disease (COPD). HHM utilized technology with the objectives of promoting self-management and identification of COPD flare-ups, supporting COPD patients to stay at home safely, and reducing utilization of the acute care system to treat flare-ups. All participants were enrolled in the Chronic Conditions Support Program, and had a COPD Action Plan medication review with Certified Respiratory Educator pharmacists. Using computer tablets and equipment provided, participants recorded their blood pressure, pulse, oxygen levels and number of steps at least once daily, reviewed health promotion messaging, and answered questions related to COPD symptoms. Measurements were monitored remotely by clinical staff, who provided follow-up support via telephone. Thirty-three participants were enrolled for a range of 51 to 189 days.

Approximately 70% of participants reported the program gave them better insight into recognizing a flare-up; 52% of participants reported the program improved their communication with their primary care provider; 39% of participants reported the program helped them with more timely treatment of a flare-up; and 27% reported the program prevented flare-ups from occurring. It was noted by monitoring clinicians that in at least 18 instances, a potential hospital visit for a flare-up was avoided because of the support provided by HHM. Currently we are examining options on how an expanded program could provide support to people living with other chronic conditions.

PEOPLE, PROGRAMS & EVENTS

Why Nutrition Matters for Mental Health – Upcoming Webinar



Join Kim Hickman, Community Dietitian at Health Promotion Unit, on Tuesday January 9th at noon to learn the latest research on the connection between nutrition and mental health, why we should count brain nutrients instead of calories, and why many healthy eating programs could be considered mental health programs. Kim will share these and

many more insights a recently attended conference in Toronto entitled “Should We Mind?: Why Nutrition Matters for Mental Health.

[Register Now](#)

Upcoming Training

January 17-18 - *Applied Suicide Intervention Skills Training (ASIST) Carmacks*

January 22-24 – *Foundations in Motivational Interviewing*

January 23-24 – *Mental Health First Aid for Adults who Interact with Youth – Mayo*

January 31-Feb 1 - *Applied Suicide Intervention Skills Training (ASIST) Whitehorse*

In order to register for any of the training opportunities, please visit our online system!

[Register Now](#)

Dimensions of Wellness

How to make stress your friend Ted Talk [\(Video: 14:28 min\)](#)

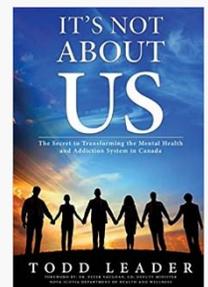


Holidays can be stressful! Psychologist Kelly McGonigal explains research that suggests that stress may only be bad for you if you believe that to be the case.

Promising Practices

“It’s Not about Us.”

Psychologist and social worker Todd Leader speaks about his book, *It’s Not About Us: The Secret to Transforming the Mental Health and Addiction System in Canada*. He



discusses how the mental wellness system is not designed in a way that is best for the client accessing services.

[\(CBC Audio: 8:18 min\)](#)