

## BACKGROUND

- The American Lung Association’s Lung Health Navigators empower people to understand and manage their lung health.
- The program involves one-on-one education programs for asthma, COPD, and other respiratory conditions to help individuals live healthier lives.
- The education includes understanding lung health conditions, recognizing early warning signs, building support teams, appropriateness medication behaviors, and tools for self-management.
- The American Lung Association partnered with Community Pharmacy Enhanced Service Network (CPESN) based Community Health Workers to increase referrals to the program in Ohio, Arkansas, and Kentucky.

## PURPOSE STATEMENT

- Pilot leveraging Community Health Workers (CHWs) in local pharmacies to refer clients with COPD or/and asthma to an American Lung Association Lung Health Navigator education service.

## DATA

- A total of 30 patients were to be referred in the program over three months.
- Some pharmacies completed the requested six patients within one day.
- Eighteen patients (60%) were referred for COPD and twelve patients (40%) were for asthma.
- Seven patients (23%) were enrolled in the Lung Health Navigator Program and another seventeen patients (57%) received physical and/or electronic education materials.

## LUNG HEALTH NAVIGATOR PROGRAM




**Breathe Well, Live Well® Asthma Education Series**  
 Empowering individuals to understand and manage their lung health

Our knowledgeable **Lung Health Navigators** look forward to improving your understanding of asthma. Available to adults, young adults and caregivers.

**Talk to an expert – Lung Health Navigator Team**  
 866-252-2959 | Lung.org/navigator

**FREE Lung Health Education Series –**  
 Phone or Zoom options available

The Lung Health Navigator team empowers individuals to understand and seek treatment for their lung health issues and make lifestyle changes to effectively manage a full range of serious lung diseases and/or prevent diseases from occurring. It is important that individuals and their caregivers can find trusted, accessible, evidence-based, and accurate information and programs to help manage their lung health and lead a full life.

Education can improve self-management, provide skills for coping with anxiety and other mental health challenges, and improve overall health status, especially as measured by quality of life and increased ability to participate in everyday activities.

**Highlights of our program including the following:**

- Describe asthma and how it affects breathing
- Practice effective communication skills with healthcare providers
- Identify asthma control medicines and demonstrate the correct use of asthma medication devices
- Recognize and track asthma symptoms
- Demonstrate what to do during an asthma episode and how to handle a breathing emergency
- Modify lifestyle to prevent asthma symptoms

To enroll, please reach out via phone or visit our website at lung.org/navigator to submit an interest form for our Lung Health Navigators to follow up. Our knowledgeable respiratory team looks forward to talking with you soon.

TTY for hearing impaired: 1-800-501-1068

**Language Options:**  
 Education available in more than 250+ languages utilizing our interpretation services.



Lung.org/navigator 866-252-2959




**Learning to Live with COPD Education Series**  
 Empowering individuals to understand and manage their lung health

Our knowledgeable Lung Health Navigators look forward to improving your understanding of COPD.

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**Highlights of our program including the following:**

- Improve understanding of COPD – so you CAN live well
- Review techniques for breathing better
- Understand you can do things you want to without shortness of breath getting in the way
- Assess when, how and why to take your COPD medicines
- Improve communication with your healthcare provider team
- Review safe ways to exercise so you can get stronger and increase how much you are able to do in your daily life
- Review resources available to you and your caregiver team (family/friends)

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## FUTURE DIRECTION

- The model is extended for another three months with an updated payment model and a goal of 10 patients per pharmacy
  - Pharmacies will be paid per referral with a bonus for patients successfully enrolled in the Lung Health Navigator Program
- The model is getting expanded into Hawaii with added access to care services.



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## CONCLUSION

- Community Health Workers, regardless of place of employment, are positioned to support referral and engagement for community-based organizations.

## ACKNOWLEDGEMENT

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