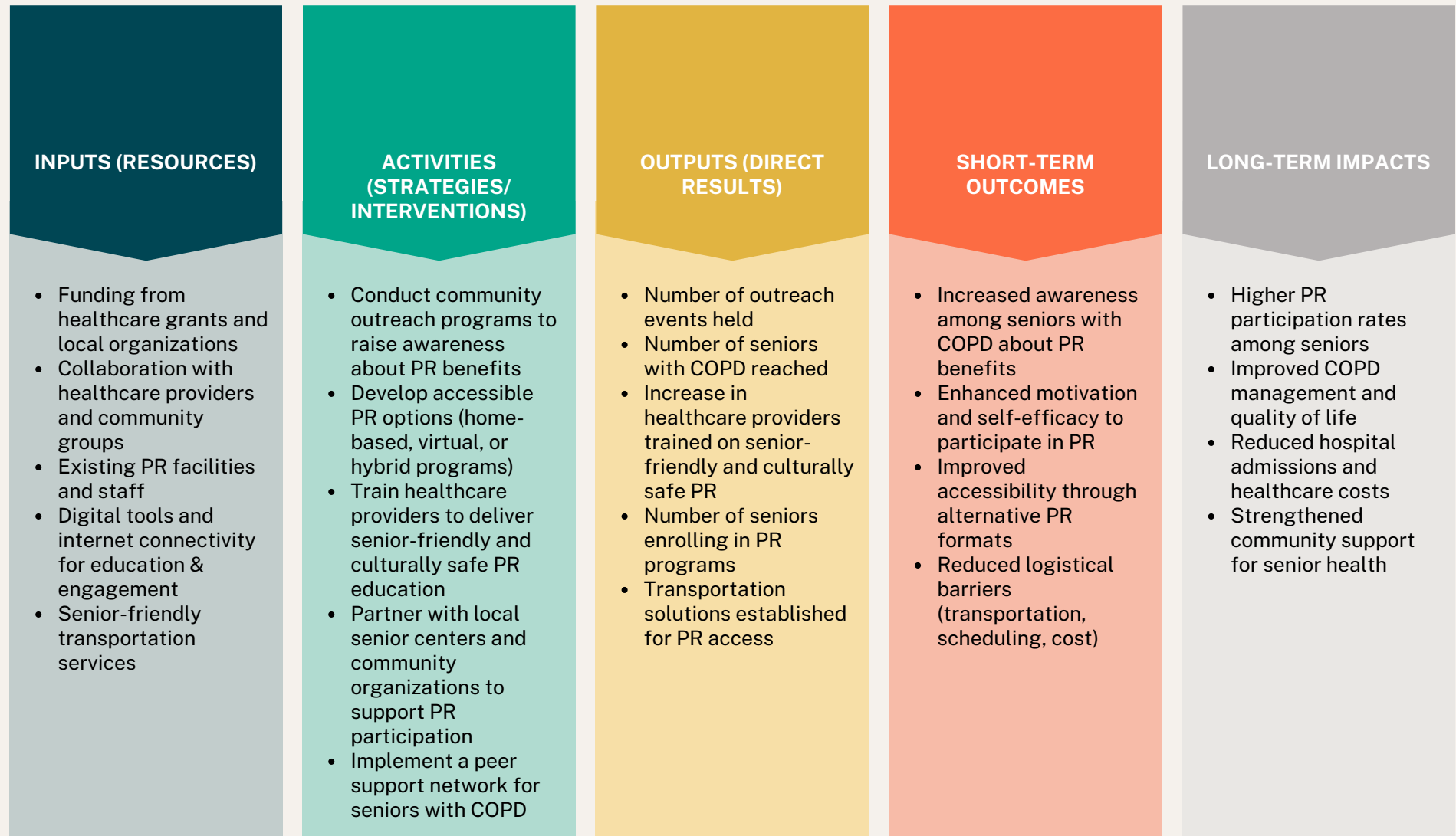


# LOGIC MODEL

## COMMUNITY ENGAGEMENT STRATEGY: IMPROVING PULMONARY REHABILITATION (PR) ACCESS FOR SENIORS WITH COPD

**Problem Statement:** Seniors with COPD face barriers to accessing pulmonary rehabilitation, leading to low participation rates despite its benefits.

**Goal:** Increase PR participation among seniors with COPD by addressing key barriers through community engagement.



This community engagement strategy aims to enhance access and participation in pulmonary rehabilitation (PR) for seniors with COPD by addressing key barriers through collaborative, community-driven interventions. Grounded in frameworks from the World Health Organization (WHO, 2020) and the National Collaborating Centre for Determinants of Health (NCCDH, 2013), the strategy emphasizes multi-sectoral partnerships, targeted outreach, and resource mobilization to support vulnerable populations. By engaging healthcare providers, local organizations, and peer networks, this approach fosters a people-centered health system where seniors receive culturally tailored education, transportation support, and telehealth options to accommodate mobility and accessibility challenges. These efforts align with WHO's goal of universal health coverage (UHC) by ensuring that PR services are inclusive, equitable, and sustainable (WHO, 2020).

In practice, this strategy translates into community-based education campaigns, subsidized transport services, virtual PR sessions, and peer mentorship programs to facilitate participation. The NCCDH (2013) highlights that community engagement enhances health equity by empowering individuals and addressing structural barriers — a principle that underpins this model. By increasing awareness, improving accessibility, and fostering social support, this initiative seeks to drive long-term improvements in COPD management, quality of life, and healthcare utilization. Ultimately, by leveraging existing community resources and stakeholder collaborations, this approach ensures that seniors with COPD can access and benefit from PR programs, leading to better health outcomes and reduced hospitalizations.

### References

- Alwakeel, A., Sicondolfo, A., Robitaille, C., Bourbeau, J., Saad, N. (2022). The accessibility, feasibility, and safety of a standardized community-based tele-pulmonary rehab program for chronic obstructive pulmonary disease: a 3-year real-world prospective study. *Ann Am Thorac Soc.*,19(1):39-47. [http:// doi.org/10.1513/AnnalsATS.202006-638OC](http://doi.org/10.1513/AnnalsATS.202006-638OC)
- Choukou, M., Maddahi, A., Polyvyana, A., and Monnin, C. (2021). Digital health technology for indigenous older adults: a scoping review. *International Journal of Medical Informatics*,148(2021), 1-8. <https://doi.org/10.1016/j.ijmedinf.2021.104408>
- Lahham, A. & Holland, A. (2021). The need for expanding pulmonary rehabilitation services. *Life*, 11(11), 1236. <https://doi.org/10.3390/life11111236>
- National Collaborating Centre for Determinants of Health. (2013). A guide to community engagement frameworks for action on the social determinants of health and health equity. [http://nccdh.ca/images/uploads/Community\\_Engagement\\_EN\\_web.pdf](http://nccdh.ca/images/uploads/Community_Engagement_EN_web.pdf)
- Oates, G., Hamby, B., Stepanikova, I., Knight, S., Bhatt, S., Hitchcock, J., Schumann, C. & Dransfield, M. (2017). Social determinants of adherence to pulmonary rehabilitation for chronic obstructive pulmonary disease. *COPD: Journal of Chronic Obstructive Pulmonary Disease*, 14(6), 610–617. <https://doi.org/10.1080/15412555.2017.1379070>
- World Health Organization. (2020). Community engagement: a health promotion guide for universal health coverage in the hands of the people. Geneva: World Health Organization. <https://www.who.int/publications/i/item/9789240010529>