

A COPD SELF-MANAGEMENT EDUCATION DAY

M O'Reilly, A McAlister, C Wynne, A Mani and S DW Miller,
Respiratory Integrated Care, Dublin North Central.

INTRODUCTION

Chronic Obstructive Pulmonary Disease (COPD) is a disabling disease characterised by repetitive exacerbations resulting in higher utilisation of health resources.

Patients with COPD must become an active participant in their own care; that is self-management.

The comprehensive educational component of pulmonary rehabilitation (PR) is an important component of COPD self-management.

However, depending on circumstances PR may not be convenient or appropriate for an individual patient.

There is a wealth of clinical trials examining the outcomes of self-management interventions for individuals with COPD, but current understanding regarding patients' perspective of such complex interventions is limited.

Self-management programmes is a term applied to educational programmes aimed at teaching the skills needed to perform medical regimens specific to the disease, guide health behaviour change, and provide emotional support for patients to control their disease and lead more functional lives.

AIM

To assess the effectiveness of a COPD Self-Management Education Day for patients who did not complete PR using a satisfaction questionnaire.

METHOD

73 patients who did not complete Pulmonary Rehabilitation were identified on the Respiratory Integrated Care (RIC) patient database in Dublin North Central.

Reasons included that they did not fit the criteria or they declined or did not attend the programme.

An invitation letter about the COPD Self-Management Day was sent to the 73 patients. 18 patients responded and 11 patients attended.

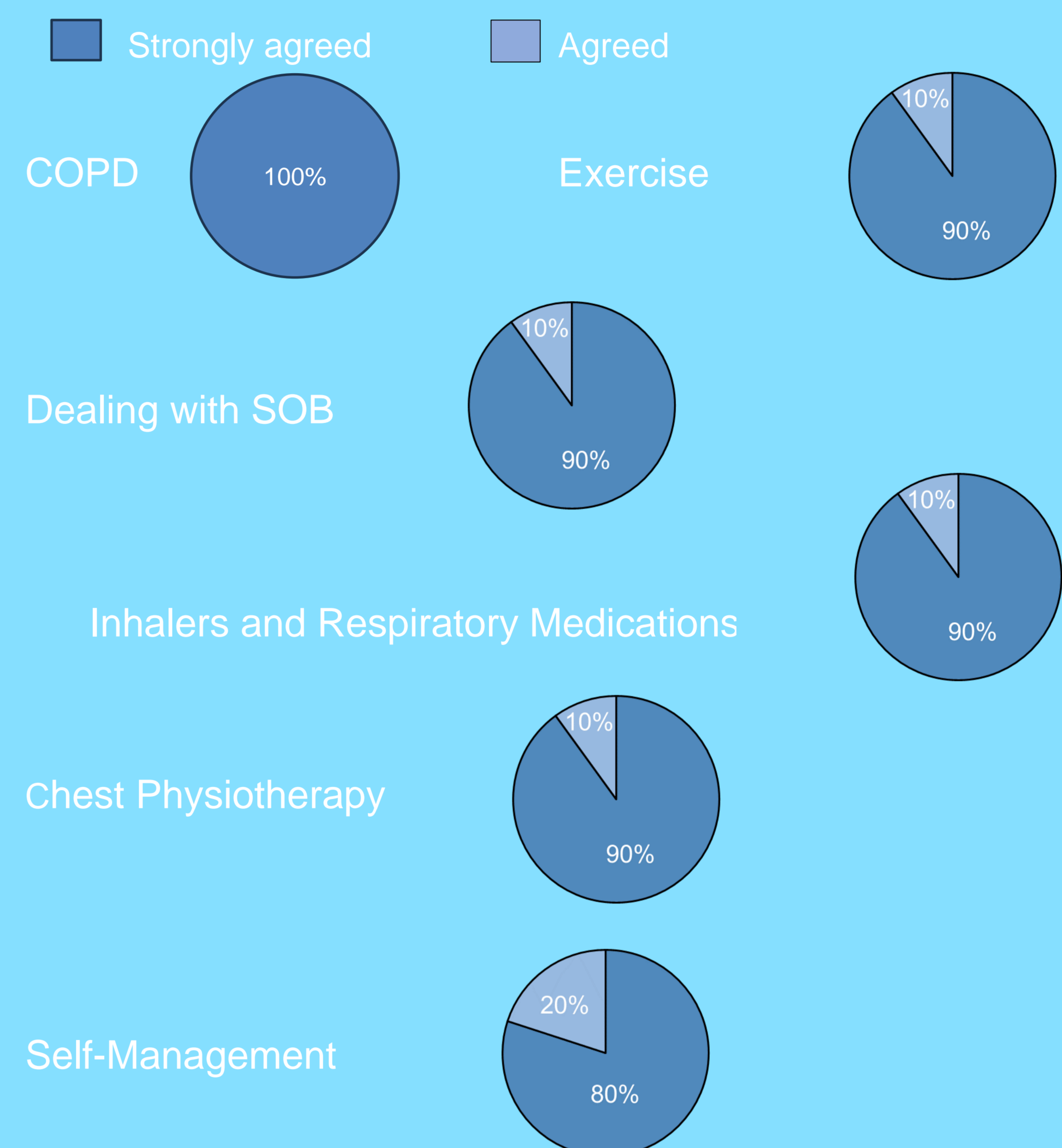
A clinical specialist physiotherapist and clinical nurse specialists (CNS) working in RIC delivered self-management educational talks.

Talks included: What is COPD, Dealing with shortness of breath (SOB), Inhalers and Respiratory Medications, Exercise, Chest Physiotherapy and Self-Management.

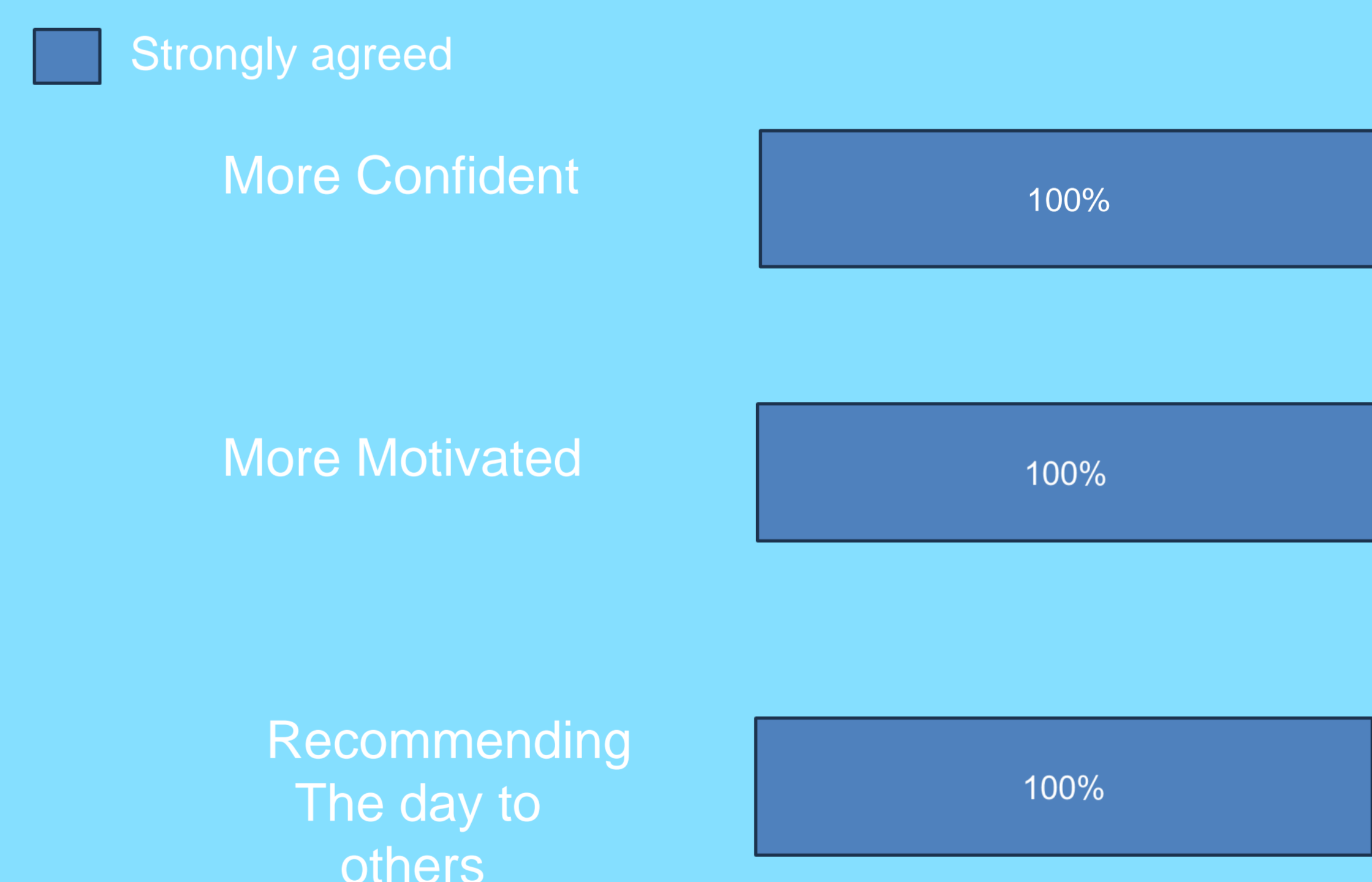
Patients completed an anonymous satisfaction survey at the end of the education day.

RESULTS

Patients reported they had a better understanding of:



Patients reported they were:



9 patients had their inhaler technique corrected, 2 patients were linked back into the CNS clinic, 2 patients now agreed to referral to PR and 1 patient had new equipment ordered.

CONCLUSION

The COPD Self-Management Education Day was effective in improving patient's knowledge and confidence to cope on a day to day basis with their disease. Notably, patients had their inhaler technique corrected and were linked into RIC services.

References

1. Labrecque M, et al. *Can Respir J* 2011; 18 (5): 77-81. <http://doi.org/10.1155/2011/263574>
2. Bourbeau J, et al. *Chronic Respiratory Disease* 2013; 10 (2): 99-105. <http://doi.org/10.1177/1479972312473844>
3. Apps LD, et al. *ERJ Open Res* 2017; 3: 00017-2017. <http://doi.org/10.1183/23120541.00017-2017>