

7.23 A COPD Self-Management Education Day

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Background: The comprehensive educational component of pulmonary rehabilitation (PR) is an important component of chronic obstructive pulmonary disease (COPD) self-management. Depending on circumstances PR may not be convenient or appropriate for an individual patient [1].

Method: 73 patients who did not complete PR were identified on the Respiratory Integrated Care (RIC) patient database. 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 working in RIC delivered self-management educational talks.

Results: Patients completed a satisfaction survey. 100% of patients agreed that they had a better understanding of COPD, felt more confident and motivated to manage their COPD and would recommend the day to others. 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.

Disclosures:

Conflict of Interest: The authors declare that they have no conflict of interest.

References:

1. Labrecque M, et al. Can Respir J 2011; 18 (5): 77-81. <http://doi.org/10.1155/2011/263574>