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Web-based patient education in COPD – Empowering COPD patients to optimize their well-beingMargaretha Lundin¹, Ulla Knoblock Carlsson¹, Lotta Winqvist¹, Elin Gustavsson¹, Madelene Lundell¹ and Marie Ekelund²¹Skaraborgs Hospital, Sweden²The Swedish Heart and Lung Association, Sweden

Statement of the Problem: The primary cause of Chronic Obstructive Pulmonary Disease (COPD) is tobacco smoking. Who predicts that COPD will become the third leading cause of death worldwide by the year of 2030? Pulmonary rehabilitation based on self-management is an evidence-based, multidisciplinary and cost-effective intervention that leads to improved health in patients with COPD. However, in Sweden only 42% of all COPD patients in specialist care participate in self-management education initiatives.

Purpose/Methods: This project aims to help more COPD patients to improve their self-management capabilities. We invite patients and their relatives to iterative and interactive training sessions supported by digital tools. The content and process of the education including the digitalized tools have been co-designed by patients in collaboration with a cross-professional COPD-team.

Conclusions: The prevalence of COPD is continuously increasing, thus putting more pressure on health care delivery. Self-management is an underused, but powerful approach for improved care of the disease. Using COPD education together with new technology, we provide COPD patients and their relatives with tools for improved self-managed care thus empowering patients even more. Previous experiences have shown that knowledgeable patients make better choices that also promote health.

Biography

Margaretha Lundin has her expertise in social work and passion in improving the health and wellbeing. She has built this patient education together with her team which includes a doctor, a registered nurse, an urotherapist, a dietician, a dental hygienist, a hospital librarian, an occupational therapist, an enrolled nurse, a physical therapist and a speech therapist. During the process, a group of COPD patients, their relatives and The Swedish Heart and Lung Association were also involved in the process.

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