

3rd International Conference on

Chronic Obstructive Pulmonary Disease

July 11-12, 2016 Brisbane, Australia

Comparing the effectiveness of a home based self-management intervention and an outpatient based pulmonary rehabilitation intervention for patients with COPD

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In terms of the maintenance of all the benefits from pulmonary rehabilitation (PR) in chronic obstructive pulmonary disease (COPD) patients, self-management has recently been highlighted. However, agreement regarding process and content of self-management is lacking. Also, the home-based intervention has been suggested as a practical approach in resource limited settings, ensuring voluntary participation of patients and maintenance of benefits from PR. In light of this, the purpose of this study was to develop and test its effectiveness of a home-based self-management intervention to enhance PR among COPD patients in Korea, and to compare its effects with an outpatient hospital-based PR intervention. A single-blinded, randomized design was used. A total of 80 participants were consecutively recruited from eligible patients admitted with an exacerbation of COPD to a department of pulmonology at a university hospital. Forty participants were randomly divided into either a home-base self-management intervention(HBSMI) or outpatient-based intervention(OBI) group.

The HBSMI group participated in 8 weekly sessions consisting of 3 face to face sessions for 60 minutes each, and 5 phone-call sessions for 20 minutes each, and the OBI group received 4 every other week session for 8 weeks. All participants were assessed with peak expiratory flow rate, 6-minute walking distance test, and answered Saint George's Respiratory Questionnaire (SGRQ), PRAISE to assess the self-efficacy for PR, and adherence to medication and exercise at pre-intervention and post-intervention. After the intervention, outcome variables were significantly improved in the HBSMI group. This study confirmed the effectiveness of a home-based self-management intervention for pulmonary rehabilitation on quality of life, self-efficacy for PR, and self-care adherence among COPD patients in Korea.

Biography

Hee-Young Song has completed her Ph.D. from Yonsei University, Seoul, South Korea and postdoctoral studies from University of North Carolina at Chapel Hill, School of Nursing. She is a professor of the Department of Nursing, Wonju College of Medicine, Yonsei University in South Korea. Her research areas are nursing for prevention and management of chronic illness, in particular, COPD and cardiovascular diseases, and self-management.

Fund resource: This research was supported by Basic Science Research Program through the National Research Foundation of Korea(NRF) funded by the Ministry of Education (NRF-2014R1A1A2060027).

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