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Impact of patient education on health related quality of life of COPD patients-A randomized controlled study

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Background: Chronic Obstructive Pulmonary Disease (COPD) comprises a group of diseases associated with airflow obstruction and breathing-related problems. COPD cannot be cured but adherence to the therapy can improve management of symptoms and delay disease progression. Patients' knowledge and awareness about the disease are important in improving quality of life.

Aim: Our study was aimed to assess the impact of patient education on Health Related Quality of Life (HRQoL) of COPD patients.

Method: An open label randomized controlled study was conducted among 206 COPD patients who were admitted in the university hospital after obtaining the ethical clearance. HRQoL of the patients in the control and intervention group at baseline and follow-up visits were measured using St. George Respiratory Questionnaire. Patients were followed up at 6 months during a scheduled visit. Statistical analyses were performed using SPSS® version 20.

Result: Mean age of the study population (n=206) was 58.42±9.72. 93.5% were males. There is no significant difference in overall HRQoL between control (45.2%) and intervention group (44.8%) at baseline. After intervention, overall HRQoL was improved in intervention group (P<0.05) compared to control group (P>0.05) at follow-up. Study population in the intervention group (at follow-up) has reported better HRQoL compared to the intervention group (at baseline), control group (at baseline) and control group (at follow-up).

Conclusion: The results of the study suggest that the clinical pharmacist can play a major role in improving patient knowledge and thereby improve medication adherence and health related quality of life.

Biography

Suhaj A is an Assistant Professor-Senior Scale in the Department of Pharmacy Practice at MCOPS. He has an expertise and research interest in Drug Safety and Pharmaco-economics, Clinical Pharmacy and Pharmaco therapeutics, Pharmaceutical Care in COPD patients. He is also serving as the member of ISPOR.

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