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Development of a home-based self-management support intervention to enhance pulmonary rehabilitation for the patients with chronic obstructive pulmonary disease

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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 a home-based self-management support intervention to enhance PR of COPD patients in Korea. The home-based self-management support intervention has been developed as follows:

1. Constructing contents of the preliminary intervention based on American Thoracic Society/European Respiratory Society Statement on PR and previous findings on self-management in COPD patients.
2. Testing the content validity with 5 experts in COPD.
3. Testing clinical applicability of the intervention by applying it to 5 COPD patients.

The finally determined intervention consisted of two education and training sessions by face to face and for supportive advices and counseling sessions by phone-calls. The former included (1) pathophysiology and management of COPD; (2) instruction and practice for cognitive-behavioral skills for self-management and home exercise; (3) action plans for exacerbation; (4) establishing and practicing individually tailored home-based self-management strategies. The latter included motivational dialogue and feedback on compliance, checking-up individual goal achievement, and reminding instructions on self-management and exercise.

Our findings will suggest an empirical nursing intervention for PR with more retainable, feasible, and cost-effective strategies to enhance self-management among the COPD patients.

Biography

Hee-Young Song completed her PhD from Yonsei University, Seoul, South Korea and Postdoctoral studies from University of North Carolina at Chapel Hill, School of Nursing. She is an Associate 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.

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