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## Activating Primary Care COPD Patients with Multi-morbidity (APCOM) Pilot Project: Study Protocol

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### Abstract

Poster presented at the 2015 Primary Health Care Research Conference, 29-31 July 2015, Adelaide, Australia.

### Keywords

project, pilot, apcom, morbidity, study, protocol, activating, multi, patients, copd, care, primary

### Disciplines

Education | Social and Behavioral Sciences

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# Activating Primary Care COPD Patients with Multi-morbidity (APCOM) Pilot Project: Study Protocol

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Never Stand Still

Medicine

School of Public Health and Community Medicine

## Background

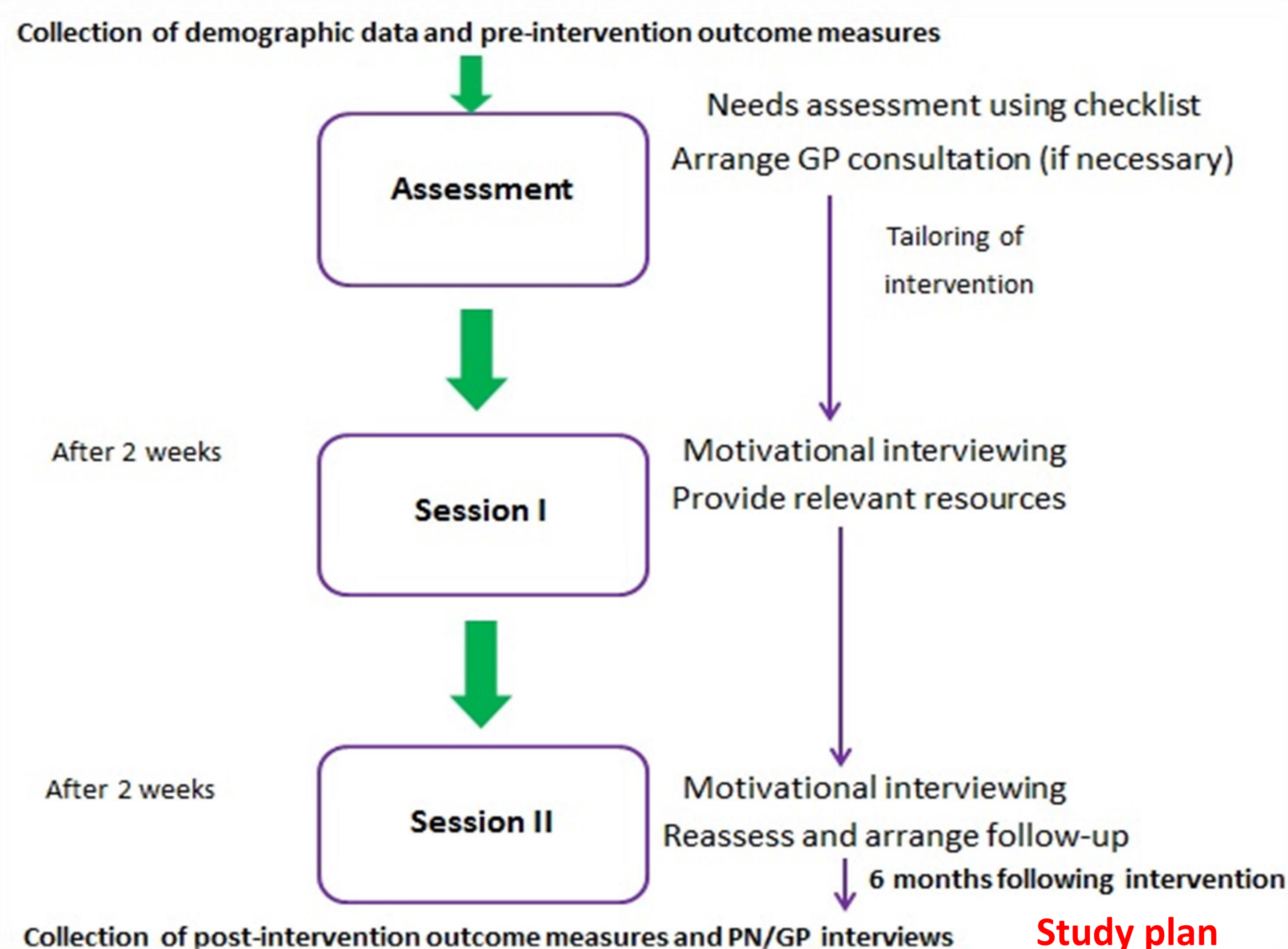
- Chronic obstructive pulmonary disease (COPD), mainly caused by cigarette smoking and exposure to noxious gases, was accountable for 6% of deaths worldwide in 2012 and is projected to be the 3<sup>rd</sup> leading cause of death by 2030 [1]
- Primary care patients with COPD and other chronic conditions have suboptimal understanding of the disease and underutilise relevant healthcare [2]
- No prior study seems to have focused on improving self-efficacy of COPD patient with multi-morbidity in the primary care setting

## Aims

- To activate patients to be more involved in care of their COPD and other chronic conditions
- To improve their disease knowledge and self-management capacity of COPD
- To enhance patients' self-efficacy for better management of their multi-morbidity

## Inclusion criteria

- Sydney-based general practices with electronic medical records employing at least 1 practice nurse (PN)
- Patients (N = 40)
  - Aged 40 to 84 years
  - Having a spirometry-recorded diagnosis of COPD
  - With at least one other chronic condition
  - History of smoking



## Intervention

- Based on the Health Belief Model (HBM), patients' perceived severity and susceptibility of COPD, and perceived benefits and barriers to relevant health behaviour will be addressed [3]
- Intervention includes constructs from existing self-management programs and covers strategies for self-management of COPD and other chronic conditions
- Intervention will be tailored and delivered by trained PNs to patients in individual sessions via motivational interviewing
- Cues to action will be provided in the form of motivational fridge magnets and patient logs, and monthly follow-up calls

## Outcome measures

- Primary: Patient Activation Measure (PAM) [4]
- Secondary
  - COPD Knowledge Questionnaire (COPD-Q) [5]
  - COPD Assessment Test (CAT) [6]
  - Multimorbidity Illness Perceptions Scale (MULTIPLEs) [7]
  - Morisky Medication Adherence Scale (MMAS-8) [8]
  - Inhaler device technique checklist [9]
- Process evaluation: Semi-structured interviews with PNs/GPs

## Significance

- Tailored self-management education will empower patients to be better drivers of their own health
- Provides scope for further expanding the PN's role in general practice beyond routine clinical management of chronic disease
- Experience of intervention delivery and uptake from the study will determine its acceptability and feasibility in day-to-day practice
- Findings will provide evidence for upscaling the intervention to be tested as a future randomised controlled trial

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